

JANUARY 1

FIRST WORKOUT

Memories of workouts great
motivates me to get in shape
and grows into a sense of urgency
that results in a brief workout with a friend.

Like birds we were free and had fun
the pump was on me:

Leg extension

Leg curl

Leg press

and Leg Blaster squats

one set of 10 reps

then calf raises three varieties:

standing

seated

and donkeys

doing reps close to failure

getting a burn

flames we could almost see.

Now it's my turn.

After resting one minute we did upper body:

front pulldown

incline presses

low cable row

shrugs

curls

and pressdowns

Finished with 100 ab reps and aerobics alike:

knee-up

crunch

and 20 minutes stationary bike.

JANUARY 3

WORKOUT 2

Today I train with a client and must admit that even though I feel rested I'm looking forward to the good feeling after my workout more than actually doing it. With a workout partner, the routine is to alternate sets: you do 20 sets, and then I do 10. This second workout is the same as the first except we add more ab work and aerobics. Concentrating, we pack more workout into less time and finish our workout at 11:59.

- Leg extension
 - 10 reps
- Leg curl
 - 10 reps
- Leg press
 - 10 reps
- Leg Blaster squats
 - 10 reps
- Standing calf raises
 - 15 reps
- Seated calf raises
 - 15 reps
- Donkey calf raises

UPPER BODY

- 15 reps
- Front pulldown
 - 10 reps
- Incline presses
 - 10 reps
- Low cable row
 - 10 reps
- Shrugs
 - 10 reps
- Curls
 - 10 reps
- Pressdowns
 - 10 reps
- Dumbbell fly
 - 10 reps

ABS

- Hanging knee ups
 - Two sets of 25 reps
- Abdominal crunches
 - Two sets of 25 reps
- Stationary bike
 - 20 minutes

JANUARY 5

WORKOUT 3

My whole body is too much for me to confront in one workout, so I split my routine in half and train only upper body-abs today. Two sets of each exercise: a warm-up set and then add weight for the second set. I combine two exercises into super-sets, that is, two exercises are done one immediate after the other then rest and stretch for 5 seconds after each super-set. Slow negatives are in order: one rep every six seconds; a two-second positive and four-second negative (return to starting position). Using push/pull super-sets economizes the workout time:

- Superset
 - Dumbbell front press
 - Front pulldown
- Superset
 - Incline dumbbell press
 - Low cable row
- Superset
 - Dumbbell fly or pec deck
 - Parallel dips
- Superset
 - Dumbbell pullover
 - Dumbbell rear deltoid raises
- One-arm side cable raise (two nonstop sets with each arm)
- Superset
 - Triceps pressdown
 - Face down incline dumbbell curl
- Superset
 - One-arm dumbbell triceps extension
 - One-arm dumbbell concentration curl
- Superset
 - Barbell reverse curl
 - Barbell wrist curl

ABS

- Superset
 - Hanging knee up
 - Abdominal crunch

JANUARY 8

WORKOUT 4

My leg workout begins with an early morning mile walk on the treadmill followed by a set of 12 reps then 10 reps of the following exercises:

- Leg extension
 - 12 reps then 10
- Leg curl
 - 12 reps then 10
- Leg press
 - 12 reps then 10 each
- Leg Blaster squats
 - 12 reps then 10 each

CALVES

- Do reps by holding at the top of the movement for a count of five
- Standing calf raise
- Seated calf raise
- Donkeys

ABS

- Ab crunches
 - Two sets of 25 reps
- Hanging knee ups
 - Two sets of 25 reps
- Seated twist
 - 100 reps

I finish before 8:00 A.M., followed by a breakfast of oatmeal, coffee, and two poached eggs.

JANUARY 10

WORKOUT 5

Remembering how important it is to stretch after every exercise and that stretching is a great workout in itself, today I start using the three-way split paradigm where Day One is back-biceps-forearms. Together these pulling muscles work just fine. Day Two is legs, calves and thighs, and Day Three for the pushing muscles I design a session about chest shoulders and triceps with a little ab work and aerobics at the end of every workout.

Today's workout is day one:

BACK

- Two-arm lat stretch
 - 15 seconds (holding steady without bounce)
- Front pulldown
 - Two sets of 10 reps with slow negatives
- Low cable row
 - Two sets of 10 reps with slow negatives
- Dumbbell shrug
 - Two sets of 10 reps with slow negatives
- One-arm dumbbell row
 - Two sets of 10 reps with slow negatives
- One-arm lat stretch
 - Two sets of 10 reps with slow negatives

BICEPS

- Concentration dumbbell curl
 - Two sets of 10 reps with slow negatives
- Cable curl on the preach bench
 - Two sets of 10 reps with slow negatives
- Incline dumbbells curled face down
 - Two sets of 10 reps with slow negatives

FOREARMS

- Barbell
 - Two sets with 80 pounds for 10 reps with slow negatives
- Reverse curl
 - Two sets of 10 reps with slow negatives
- Wrist curl
 - Two sets of 10 reps with slow negatives
- Grippers

ABS

- The same ab work as last time
- Rowing machine
 - 500 meters

JANUARY 13

WORKOUT 6

Feeling an impulse to do a one-hour leg workout, I'm in the gym by 3 P.M. ready to start. Today I use the Leg Blaster, my own invention, to make squats and calf raises easier.

- Leg curl
 - Two sets of 10 reps
- Leg extension
 - Two sets of 10 reps
- Leg Blaster squats
 - 12 reps with 100 then 120 pounds
- Calf raises with Leg Blaster
 - Two sets of 20 reps with 130 pounds holding each rep for five seconds at the top
- Treadmill
 - 10 minutes
- Stationary bike
 - 10 minutes

ABS

- Hanging knee up
 - Crunch
 - Seated twist
 - More reps than before
-

JANUARY 15

WORKOUT 7

“No I won’t; yes I will” rage the voice of my mind. Call them sub-personalities; still they’re nothing more than different aspects of me, until an itching in my chest symbolizes my real desire to train harder. Today’s workout is chest-shoulders-triceps. I waited an hour after breakfast then started:

- Dumbbell front press
 - Two sets of 10 reps
- Pec deck
 - Two sets of 10 reps
- 30-degree incline dumbbell press
 - Two sets of 10 reps
- Dumbbell pullover
 - Two sets of 10 reps
- Parallel dips
 - Two sets of 12 reps
- Rear deltoid raises
 - Two sets of 12 reps with 20-pound dumbbells
- Dumbbell extension
 - Two sets of 10 reps with 30 pounds
- Side cable raises
 - Two sets of 10 reps with 30 pounds
- Pressdown
 - Two sets of 10 reps with 65 pounds
- Pronated dumbbell raises to the side
 - Two sets of 10 reps with 15 pounds
- Finally, I do the usual abs and aerobics.

JANUARY 17

WORKOUT 8

With body still in resonation with after images from 50 minutes of light sound meditation, the desire to work out bloomed into a workout plan after my Chocolate whey protein breakfast with strawberries and a teaspoon of smart powder or phylum and one gram of the amino acid L-Glutamine. The meal fills my stomach and becomes training energy with ease. I write for two hours then hit the gym for a back-bicep-forearms-abs workout. The thought crossed my mind that bodybuilding changed ideas after 1979 when the monster trend came back again

- Dumbbell front press
 - Two sets of 10 reps
- Pec deck
 - Two sets of 10 reps
- Dumbbell pullover
 - Two sets of 10 reps
- Dip machine
 - Two sets of 10 reps with 150 pounds
- Rear deltoid raises
 - Two sets of 10 reps with 20 pounds
- One-arm dumbbell extension
 - Two sets of 10 reps with 30 pounds
- One-arm side cable raises
 - Two sets of 10 reps with 30 pounds
- Superset
 - Pressdown
 - Two sets of 10 supersetted with
 - Pronated dumbbell raises to the side

ABS AND AEROBIC EXERCISES

- Leg raise
 - Two sets of 25 reps

JANUARY 19

WORKOUT 9

An hour past breakfast I know it's time to begin today's leg workout with soreness subsiding, feeling a little chill that went away with a five-minute warm-up walk on the treadmill.

- Leg extension
- Leg curl
 - Both three sets for 10 reps (a one leg back and one leg up stretch between sets increases flexibility)
- Leg press
 - 12 reps then 10 reps with 20 pounds added
- Leg Blaster squats
 - 12 reps with 125 pounds and 10 reps with 145 pounds
- Hip machine
 - Two sets of 12 reps

CALVES (holding each rep five seconds at the top)

- Leg press calf raises
 - 15 reps
- Seated calf raise
 - 15 reps
- Donkeys
 - 15 reps
- Calf stretch

ABS

- Hanging knee up
- Crunches
 - Both four sets of 25 reps
- One-arm cable crunch
 - Both arms 50 reps
- Seated twist
 - 50 reps
- Stationary bike
 - 20 minutes

JANUARY 21

WORKOUT 10

After a day of rest, I shift to a chest-shoulder-tricep workout remembering to focus on getting the best possible pump. Just in time for my workout the mail arrived with a device called “shoulder horn” to strengthen my rotator cuff. It will allow me to do external rotation with 15-pound dumbbells isolating the teres minor and infraspinatus muscles.

- Doorway stretch
 - 15 seconds
- Dumbbell front press
 - Really slow – as long as 10 seconds – negatives
- Incline dumbbell press
 - 12 reps then increase the weight a little and do 10 reps
- Pec deck
 - 12 reps then increase the weight a little and do 10 reps
- Dips
 - 12 reps then increase the weight a little and do 10 reps
- Pullovers
 - 12 reps then increase the weight a little and do 10 reps
- Rear delt machine
 - 12 reps then 10, increasing the weight a little and do 10 reps
- Rear delt machine
 - 12 reps then 10, increasing the weight 10 pounds on the second set
- Triceps pressdown
 - 12 reps then 10, increasing the weight 10 pounds on the second set
- One-arm dumbbell tricep extension
 - 12 then 10 reps
- One-arm dumbbell side raises
 - 12 then 10 reps

For abdominal variety, I do 20 minutes of ab-aerobics by combining treadmill, hanging knee-ups, bike, crunches, rowing, and seated twist.

JANUARY 22

WORKOUT 11

Feeling sore all over, I trained abs and aerobics:

- Hanging knee-ups
- Abdominal crunches
 - Both three sets of 30 to 40 reps
- One-arm cable crunches
 - Three sets of 25

After 10 minutes on the treadmill (walking at 3.3 miles per hours), I watched a kaleidoscopic light show through closed eyelids wearing my Mind/Muscle TM machine while riding the recumbent stationary bike at a cadence of 90 for 20 minutes.

JANUARY 26

WORKOUT 12

Struggling with sadness, I hum a hymn and force myself to train at a local gym, determined this back-bicep-forearms workout won't be in vain. And so it began:

- Front pulldown
 - 12 reps with 150 pounds then 10 with 160
- Cable crossover behind neck
 - 40 pounds for 20 reps then 50 pounds for 15 reps interjecting two-arm lat stretch between sets

After a quick drink of water:

- Low cable row
 - 140 pounds then 150 for 10 reps

After lat stretching, I cut my workout short.



JANUARY 27

WORKOUT 12 1/2

Half a workout is better than none in order to finish what I started yesterday:

- Rowing
 - 500 meters in three minutes
- Close grip pulldown
 - 140 pounds then 150 for 10 reps
- Dumbbell shrugs
 - 65 pounds for 20 reps
- One-arm lat stretch
 - With each arm, 15 seconds

BICEPS AND FOREARMS (tri-set)

- Face down incline dumbbell curls
 - 27.5 pounds for 10 reps
- Preacher cable curl
 - 80 pounds for 10 reps
- Wrist curl
- 60-pound barbell for 15 reps
- Repeat this same tri-set again with five pounds more on each exercise

I rested between sets for a minute, and then did ab work same as before.

JANUARY 30

WORKOUT 13

Feeling stronger after a day's rest, I know it's best to work thighs and calves today.

- Leg extension
 - 140 pounds for 12 reps
- Leg curl
 - 80 pounds for 12 reps, followed by leg back and leg up stretch
- Leg extension
 - 150 pounds for 10 reps
- Leg curl
 - 90 pounds for 10 reps and stretch again
- Leg press
 - 200 pounds for 12 reps and 220 pounds for 10 reps
- Leg Blaster squats
 - 140 pounds for 12 reps and 150 for 10
- Hamstring stretching
- Hip machine
 - 12 reps with 90 pounds
- One leg standing leg curl
 - 12 reps with 40 pounds
- One leg standing leg curl
 - 10 reps with 60 pounds
- Standing calf raise
 - Two sets of 15 reps with 150 pounds, holding each rep five seconds at the top
- Donkeys
 - 15 reps
- Seated calf raises
 - 15 reps

ABS

- Knee ups
 - Two sets of 30 reps
- Crunches
 - Two sets of 30 reps
- One-arm cable crunch
 - Two sets of 30 reps

Ten minutes later I had amino acids and a peach

FEBRUARY 1

WORKOUT 14

As the violet pink dawn settled into a grey morning, I was anxious to get to my workout. But first I sit for 20 minutes and have some peppermint tea, amino acids, and a whole grain muffin. And after a 25-minute meditation, I begin the chest-shoulders-triceps-abs workout with:

- Doorway stretch
- 30-degree incline barbell presses
 - 100 pounds for 12 reps, 120 for 10 with two-second positive and four-second negative
- 70-degree incline dumbbell press
 - 45 pounds and 50 pounds for two sets of 10 reps
- Door way stretch
 - 15 seconds
- Pec deck
 - 10 reps with 115 and 130 pounds
- Dip machine
 - 10 reps with 150 and 160 pounds
- Pullover machine
 - 140 and 150 pounds for 12 reps then 10
- Rear delt machine
 - 10 reps with 100 pounds, 10 with 110

TRICEPS AND DELTS

- One-arm dumbbell extension
 - Two sets of 10 reps with 30 pounds
- One-arm dumbbell side raise
 - Two sets of 10 reps with 20 pounds
- Finally, 15 minutes more ab work as in the previous workout.

FEBRUARY 4

WORKOUT 15

Today's back-biceps-forearms workout, which I completed in an hour and 20 minutes, began with two minutes of warm-up rowing and 15 seconds two-arm lat stretch holding the knob of a door.

- Front pulldown
 - 10 reps with 160 pounds, then 10 reps at 170 with slow negatives throughout and at the top of the movement not locking out
- Low cable row
 - 10 reps with 150 and 160 pounds
- One-arm cable row
 - Two sets of 12 reps at 90 pounds, with a one-arm lat stretch between each set
- Shrugs
 - Two sets of 15 reps with 65-pound dumbbells

I take a break to eat a small tangerine

BICEPS

- Face down incline dumbbell curl
 - Two sets of 10 reps with 25 pounds
- Preacher cable curl
 - Two sets of 10 reps with 70 pounds
- Face up 45-degree curl on the incline bench
 - Two sets of 10 reps with 22.5 pounds

FOREARMS

- Barbell Reverse Curl
 - Two sets of 10 reps with 70 pounds
- Barbell wrist curl
 - Two sets of 20 reps for 80 pounds
- Squeezing two grippers
 - Two sets of 20 reps, after which I had to shake my hands out a few minutes

ABS (three tri-sets)

- Hanging knee ups
 - 30 reps
- Crunches
 - 30 reps
- Seated twist
 - 30 reps
- Rowing Machine
 - 500 meters

FEBRUARY 6

WORKOUT 16

A leg workout is on my calendar today.

- Leg extension
 - 20 reps
- Leg curl
 - 20 reps
- Leg press
 - 20 reps
- Leg Blaster squats
 - 20 reps
- Hip machine
 - 20 reps
- One-legged curl
 - 20 reps
- Treadmill
 - Five minutes
- Stationary bike
 - Five minutes

CALVES (holding reps for five seconds at the top)

- Standing calf raises
- Seated calf raises
- Donkeys

FEBRUARY 8

WORKOUT 17

The four days that have passed since the last upper body workout has given my shoulders a good rest. So now I'm ready to test chest-delts-triceps.

- 70-degree incline dumbbell front press
 - 12 reps with 45 pounds, then 10 reps with 50 pounds doing ultra-slow 10-second negatives
- 30-degree incline dumbbell press
 - 12 reps with 55 pounds then 10 reps with 60 pounds; working in doorway stretch with both of these front delt/upper pec movements
- Dumbbell fly
 - Two sets of 10 reps with 35 pounds
- Parallel dip
 - Two sets of 10 reps with bodyweight
- Dumbbell pullover
 - Two sets of 10 reps with 50 pounds

DELTS AND TRICEPS

- One-arm dumbbell tricep extension
 - 30 pounds for two sets of 10 reps
- Side cable raise
 - 30 pounds for two sets of 12 reps
- Pressdown
 - Holding a hard lockout at the end for two sets of 10 reps
- Pronated dumbbell side raises
 - 15 pounds for two sets of 12 slow reps

Finally, I do the usual ab work and 12 minutes of treadmill.

FEBRUARY 11

WORKOUT 18

Well-developed latissimus dorsi will take a long time and a lot of work to build. This 1976 workout was one of my very best. But if I did it today, I'd do only two sets of each exercise and use two-thirds of the weight with more stretching in between sets:

- Barbell rowing
 - Eight sets doing 10 reps beginning with 110, 130, 150, 160, 170, 180, 190, and 200 pounds
- One-arm dumbbell row
 - 10 reps with 100, 110, and 120 pounds
- Behind the neck pulldown
 - 10 reps with 180, 190, and 200 pounds
- Shrugs
 - Three sets of 12 reps with 100-pound dumbbells

BICEPS

- Alternate dumbbell
 - Three sets of 10 reps with 55 pounds
- Curls on the preacher bench
 - 100-pound barbell for three sets of 10 reps
- One-arm concentration curl
 - Three sets of 10 reps with 45-pound dumbbell, slowly let down

FOREARMS (three supersets)

- Barbell reverse curl
 - 100 pounds for high reps
- Wrist curl
 - 100 pounds for high reps

FEBRUARY 13

WORKOUT 19

An hour following a breakfast of two slices whole grain toast and three soft boiled eggs, I thought about getting ready for my leg workout.

CALVES

- Leg press machine calf raise
 - 15 reps with 200, then 220 pounds
- Donkeys
 - 250 pounds for 15 reps, holding each rep five seconds at the top
- Seated calf raise
 - 100 pounds for 15 reps, holding each rep five seconds at the top

THIGHS

- Leg curl
 - Two sets of 10 reps with 90 pounds, which contracts calves as well as hamstrings through the entire movement
- Leg extension
 - Two sets with 150 pounds for 10 reps
- Leg Blaster squat
 - Two sets with 150 pounds for 10 reps
- Hip machine
 - 12 reps with 90 pounds, then 10 with 100, one-leg back stretch between sets

AB-AEROBICS (one minute on each exercise going around the following circuit twice)

- Leg raise
- Crunches
- Treadmill
- Arm cable crunch
- Rowing
- Stationary bike

FEBRUARY 15

WORKOUT 20

Using my Mind/Muscle™ machine seems to turn me into a radio tuned to 11 hertz and “I will get the best chest-shoulder-triceps workout yet,” I say to myself. I warm up pushing and pulling with my hands only on the Schwinn Airdyne for one minute.

UPPER PECS

- Five-foot Olympic barbell press on a 30-degree incline
 - 12 reps with 110 pounds and 10 reps with 130 for each set
- Doorway stretch
 - 15 seconds
- 70-degree dumbbell press
 - 45 and 50 pounds for 12 then 10 reps
- Pec deck
 - 130 and 140 pounds for 12 then 10 reps followed by more doorway stretching
- Parallel dips
 - Two sets of 10 reps with bodyweight
- Dumbbell pullover on a 5-degree decline
 - Two sets of 10 reps with 50 pounds
- One-arm shoulder stretch
- One-arm dumbbell triceps extension
 - Two sets of 12 reps with 30 pounds
- One-arm side cable raise
 - Two sets of 12 reps with 30 pounds
- Pressdown
 - Two sets of nine reps for 80 pounds
- Rear delt machine
- Leg raise
 - Two sets of 30 reps
- Crunch
 - Two sets of 30 reps
- Seated twist
 - 100 reps nonstop
- Rowing
 - 750 meters

FEBRUARY 18

WORKOUT 21

With elbows a little sore I warm up with two sets of 25 reps barbell wrist curl pumping up my forearms first, I get more from my back-biceps-forearms workout.

BACK

- Front pulldown
 - 150 pounds for 12 reps, 160 for 10
- Cable crossover behind the neck
 - 40 and 50 pounds for 20 reps
- Low cable row
 - 10 reps with 150 and 160 pounds
- Dumbbell shrugs
 - Two sets of 15 reps with 70 pounds
- One-arm cable row
 - Two sets of 10 reps with 90 pounds

BICEPS

- One-arm dumbbell concentration curl
 - Two sets of 10 reps with 35 pounds, slow negatives
- Seated one-arm dumbbell curl
 - 10 reps with 35, then eight reps with 40 pounds
- Preacher cable curl
 - Two sets of 12 reps with 80 pounds
- Reverse barbell wrist curl
 - Two sets of eight reps with 60 pounds

ABS

- Knee ups
 - Two sets of 30 reps
- Crunches
 - Two sets of 40 reps
- Rowing
 - 500 meters

FEBRUARY 19

WORKOUT 22

Beginning leg training promptly at noon:

- Leg curl
 - 12 reps with 80 and 90 pounds
- Leg extension
 - 12 reps with 140 and 150 pounds
- Leg pressing
 - 15 reps for two sets with 220 pounds
- Leg Blaster squats
 - Two sets of 10 reps with 100 and 120 pounds, without locking out, kept all the tension in the thighs
- Hip machine
 - 10 reps with 90 then 100 pounds on each leg, all the time doing one leg back and one leg up stretching between sets
- Standing calf raises
 - Two sets of 15 reps, holding each rep for five seconds at the top
- Donkeys
 - Two sets of 15 reps, holding each rep for five seconds at the top
- Seated raises
 - Two sets of 15 reps, holding each rep for five seconds at the top

AB-AEROBICS (one minute on each of the following exercise, then repeating the circuit again)

- 12-degree incline treadmill
- Leg raises
- Recumbent stationary bike
- Crunches
- Hanging knee-up
- Seated twist

FEBRUARY 21

WORKOUT 23

Not locking out is essential to a chest workout because it keeps continuous tension in the pecs. Not allowing pecs to return to homeostasis while doing the set always gives me a hell of a burn. Today I'm training with a client on chest-shoulders-triceps. First we warm up our shoulders on the Schwinn Airdyne before we start Day 3 workout.

- 70-degree dumbbell front press
 - Followed by a doorway stretch after a set of 12 reps with 45-pounders, increasing the weight to 50 pounders for 10 reps
- 30-degree incline dumbbell press
 - 50 pounds for a slow 10 reps, followed by a stretch, then 55 pounds for eight reps
- Dumbbell fly
 - Two sets with 35 pounds for 12 reps
- Parallel dip
 - Two sets with bodyweight for 10 reps, then one-arm shoulder stretching
- Dumbbell pullover
 - 55 pounds for 12 reps, then 60 for 10
- One-arm dumbbell extension
 - 12 reps with 30 pounds, then 10 with 32.5
- One-arm dumbbell side raise
 - Two sets for 10 reps with 22.5 pounds
- Rear delt machine
 - 90 pounds for 12 reps, 100 for 10
- Triceps pressdown
 - 65 pounds for 12 reps, 70 for 10
- Rowing machine
 - 600 meters

ABS

- Hanging knee-ups
- Crunches
- One-arm cable crunch with each arm
 - Two sets of 30 reps on each exercise

February 23

WORKOUT 24

The last three good workouts under my lifting belt plus a very relaxing day of rest I am ready for an innovative back-biceps-forearms workout.

BACK

- Front pulldown
 - 12 reps with 150 pounds, 10 for 160, eight for 170, without fully extending my arms at the top of each rep keeps all the tension in my lats, not delts; two-arm lat stretch between sets
- Low cable row
 - (with pulley three feet above the floor) 10 reps with 140 and 150 pounds as I kept doing lat stretch, adding one-arm shoulders stretch
- One-arm dumbbell row
 - Two sets of 10 reps lowering a 70-pound dumbbell all the way down interspersed with one-arm lat stretch with each arm
- Close grip pulldown
 - 10 reps with 140 pounds then 10 with 150
- Dumbbell shrug
 - Two sets of 20 reps with 65 pounds

BICEPS

- One-arm dumbbell concentration curl
 - Two sets of 10 reps with 35 pounds
- Seated one-arm dumbbell curl
 - Two sets of eight reps with 40 pounds
- Preacher cable curl
 - Two sets of 10 reps using 80 pounds
- Incline dumbbell curl face down
 - Two sets of 12 reps using 25 pounds

FOREARMS

- Reverse wrist curl
 - Two sets of 10 reps with 50 pounds
- Barbell wrist curl
 - Two sets of 10 reps with 70 pounds
- Rowed
 - 750 meters

ABS

- Knee-ups
- Crunches
 - both exercises for four sets of 25 reps

FEBRUARY 26

WORKOUT 25

In order to catch an 11:30 A.M. plane for the Arnold Classic, I was in the gym by 8 o'clock for a giant set (more than three exercises done without stopping) for legs.

- Leg extension
 - 12 reps with 150 pounds
- Leg curl
 - 12 reps with 90 pounds
- Leg press
 - 10 reps with 220 pounds
- Leg Blaster squat
 - 10 reps with 100 pounds
- Standing calf raise
 - 15 reps with 100 pounds
- Leg press calf raise
 - 15 reps with 220 pounds
- Donkeys
 - 15 reps with 200 pounds
- Seated calf raise
 - 15 reps with 100 pounds
- Knee-ups
 - 50 reps
- Crunches
 - 50 reps

FEBRUARY 28

WORKOUT 26

At 7:30 A.M. I start my workout with a friend in the vast expo auditorium. First, we find an upper body bike and warm up shoulders before we hike over to another booth.

- 30-degree incline press on the Smith machine
 - 12 reps with 100 pounds, 10 reps with 115
- Pec deck
 - 10 reps with 115 pounds, eight with 130
- Parallel dip machine
 - 12 reps at 150 pounds, 10 with 160
- Pullover machine
 - 10 reps with 140 pounds, 10 with 150
- Pressdown on lat machine
 - Two sets of 10 reps with 75 pounds
- One-arm dumbbell triceps extension
 - Two sets of 10 reps with 30 pounds
- One-arm dumbbell side raise
 - Two sets of 10 reps with 20 pounds
- Rear delt machine
 - Two sets of 12 with 90 pounds
- Hanging knee-ups
 - Three sets of 30 reps

MARCH 5

WORKOUT 28

My lower back and abs are sore in the morning. So I fasten body magnets in place with a Velcro belt around my waist, and the pain abates during a breakfast of whey protein and fruit. I relax an hour, and then warm up my lower back with:

- One leg up stretch
 - 30 seconds on each leg
- Rowing machine
 - 500 meters in three minutes
- Two-arm lat stretch
 - 15 seconds
- Front pulldown using parallel grip bar
 - 10 reps with 150, 165, then 180 pounds followed by more stretching
- Low cable row
 - 10 reps with 150 and 160 pounds
- Shrugs
 - Two sets of 20 reps with 65-pound dumbbells and soreness in my back disappears
- One-arm rowing machine
 - Three sets of 10 reps with 90 pounds to finish my back workout

BICEPS

- Seated one-arm dumbbell curl
 - 10 reps with 30, then 36 pounds with each arm
- Preacher cable curl
 - 10 reps with 80 and 90 pounds
- One-arm dumbbell concentration curl
 - 10 reps with 30 and 36 pounds on each arm

FOREARMS

- Reverse wrist curl with barbell
 - Two sets of 10 reps with 60 pounds
- Barbell wrist curl
 - Two sets of 15 reps with 80 pounds
- Grippers 20 reps squeezing out

ABS

- Crunches
- Leg Raise
 - both two sets of 40 reps

March 6

WORKOUT 29

Today's leg workout, with 12 reps on the first sets then 10 on the second.

- Leg curl
 - 80 pounds for 12 reps, then 80 for 10
- Leg extension
 - 140 pounds for 12 reps, then 150 for 10
- Leg press
 - 200 pounds for 12 reps, then 220 for 10
- Leg Blaster squats
 - 120 pounds for 12 reps, then 140 for 10
- Hip machine
 - 90 pounds for 12 reps, then 100 for 10

CALVES

- Standing calf raise
 - 15 reps holding five seconds at the top of each rep
- Leg press
 - 15 reps holding five seconds at the top of each rep
- Donkeys
 - 15 reps holding five seconds at the top of each rep
- Seated calf raise
 - 15 reps holding five seconds at the top of each rep

MARCH 8

WORKOUT 30

With the warming weather and spring fast approaching, I feel like working out at 5 P.M. with Christine who does a half-hour on the treadmill and 15 minutes on weights. Today I will work chest-shoulders-triceps.

FRONT DELTS/UPPER PECS

- 70-degree dumbbell front press
 - Two sets of 10 reps with 45 pounds
- Dumbbell flys
 - Two sets of 10 reps with 35 pounds
- 30-degree incline dumbbell press
 - Two sets of 10 reps each with 50 pounds
- Dumbbell pullover
 - Two sets of 10 reps each with 55 pounds
- Dips
 - Two sets of 12 reps then 10 reps with bodyweight
- Dumbbell rear deltoid raises
 - Two sets of 12 reps then 10 reps with 20 pounds
- One-arm dumbbell tricep extensions
 - Two sets of 10 reps with 26 pounds
- Side cable raise
 - Two sets of 10 reps with 20 pounds
- Rowed
 - 750 meters
- Knee ups
- Crunches
- Seated twist
 - Three sets of 30 reps each
- Treadmill
- Fast walking for 20 minutes

MARCH 11

WORKOUT 31

Resting two days between upper body workouts is sometimes necessary when shoulders are vigorously trained. Today my plan is to train back-biceps-forearms.

- Rowing
 - 500 meters for a warm up
- Front pulldown
 - 12, 10, and 8 reps with 155, 170, and 185 pounds
- Low cable row
 - 10 reps with 155, then 165 pounds
- Dumbbell shrugging
 - 75 pounds for 10 reps, then eight reps with a five-second pause at the top of each rep
- One-arm cable rowing
 - Two sets of 12 reps each arm with 100 pounds
- Facedown dumbbell incline curl
 - 25 pounds for 12 reps, then 30 pounds for 10 reps with each arm
- One-arm dumbbell concentration curl
 - Two sets of 10 reps with 35 pounds

FOREARMS

- Barbell reverse curl
 - Two sets of 20 reps with 90 pounds
- Barbell wrist curl
 - Two sets of 20 reps with 90 pounds
- Grippers
 - 25 reps, then rest

ABS

- Hanging knee up
- Crunches
 - Three sets of 30 reps each
- Leg raise
- One-arm cable crunches
 - Two sets of 30 reps each
- Stationary bicycling
 - 15 minutes

MARCH 13

WORKOUT 32

Today I'll concentrate on thighs.

- Leg extension
 - 10 reps at 150 and 160 pounds
- Leg curl
 - 10 reps at 80 and 90 pounds; breathless, I rest five minutes
- Leg Blaster squats
 - 20 reps with 100 pounds, then 20 with 120; after five minutes rest, I do 20 reps with 140 pounds

As I'm lying on the floor thinking that wasn't so easy, Christine opens the door and asks, "Please are you through? Let's go to the movies."

MARCH 14

WORKOUT 33

Thighs still sore, so today I decide to do more calves-abs-aerobics. I turn to an ab-aerobic circuit arranging abdominal and aerobic exercises in the following order:

- Hanging knee ups
- Crunches
- Treadmill
- Leg raises
- Rowing
- Seated twist
- Stationary bike
- One-arm cable crunches

I do reps at each station for a minute before hopping to the next and resume without stopping reps continually for 20 minutes, going around the circuit twice.

After the workout, I appreciate this time-saving way to train abs and cardio at the same time. I call it ab-aerobics.

MARCH 16

WORKOUT 34

I will do chest-shoulder-triceps workout today following the usual warm-ups:

- 70-degree incline dumbbell front press
 - 12 reps with 50 pounds, then 10 reps with 55 pounds, doing slow negatives; it will take a minute to do each of two sets, doing doorway stretch in between
- Low incline dumbbell press
 - Eight reps with 55 pounds, then six reps with 60 pounds using the slowest negatives, over 10 seconds
- Pec deck
 - 115 pounds for 12 reps, 130 for 10, 145 for eight
- Dips
 - 13 reps, rested a minute, then 12
- Dumbbell pullover
 - 55 pounds for 10 reps, 60 for eight
- Triceps pressdown
 - 10 reps with 70 pounds, then nine with 80
- Rear deltoid dumbbell raises
 - Two sets of 10 reps with 25 pounds
- One-arm dumbbell triceps extension
 - 12 reps with 25 pounds, then 10 with 30
- One-arm dumbbell side raise
 - 12 reps with 20 pounds, then 10 with 25
- Rowing
 - 750 meters in four minutes

ABS

- Knee up
- Crunches
- One-arm cable crunch
 - Three sets of 30 reps with exercise

WORKOUTS 34

A, B, C, D, E, and F ARE EXTRA WORKOUTS AND ARE DETAILED SET FOR SET, REP FOR REP, IN THE TRAIN WITH ZANE WORKOUT AUDIO SERIES. CHECK OUT WWW.FRANKZANE.COM TO DOWNLOAD THEM TODAY!

WORKOUT FOR 34 A and D: BACK, BICEPS, FOREARMS, ABS

- 2 arm lat stretch do it between sets
- Front pulldown 12 reps, increase weight, 10 reps
- Bent over rear deltoid dumbbell raise 12 reps, 10 reps, rear deltoid stretch
- Seated low cable row 12 reps, 10 reps, 2 arm lat stretch
- Dumbbell shrug 12 reps, 10 reps, one arm shoulder stretch
- One arm dumbbell row 12 reps, 10 reps, one arm lat stretch
- Abdominal crunches 30 reps, one leg up stretch
- Face down incline alternate dumbbell curl 12 reps, 10 reps, pronated arms back stretch
- One arm dumbbell concentration curl 12 reps, 10 reps
- Incline dumbbell curl 12 reps, 10 reps
- Barbell reverse curl 12 reps, 10 reps
- Crunches, hanging knee ups 30 reps each

WORKOUT FOR B and E: LEGS, ABS

- One leg back stretch
- Leg extension 12 reps, 10 reps
- Leg curl 12 reps, 10 reps, one leg up stretch
- Erect squat 12 reps, 10 reps
- Leg press 10 reps, 10 reps
- Standing calf raise 15 reps, calf stretch
- Donkey calf raise or leg press calf raise 2 sets of 15 reps
- Seated calf raise 2 sets of 15 reps
- Leg raise, crunches 30 reps each, two sets each

WORKOUT FOR C and F: CHEST, SHOULDERS, TRICEPS, ABS

- 70-degree incline dumbbell press, 12 reps, 10 reps, doorway stretch after each set to pullover
- 30-degree incline dumbbell press 12 reps, 10 reps
- 5-degree decline dumbbell fly 12 reps, 10 reps
- Dumbbell pullover 12 reps, 10 reps, one arm shoulder stretch
- Dips 12 reps, 10 reps
- Hanging knee ups, crunches, 2 sets of 30 reps each
- Doorway stretch
- Close grip bench press, 12 reps, 10 reps, one arm shoulder stretch
- 1 arm dumbbell extension 12 reps, 10 reps each arm
- 2 arm side raise, 12 reps, 10 reps
- Reverse triceps dip, 12 reps, 10 reps
- Hanging knee ups, crunches, 30 reps each

MARCH 21

WORKOUT 35

Generally, doing more than four sets is unnecessary unless you are working each body part with only one exercise. So let's assume you're in a gym and you want to do one exercise for each bodypart. First, decide what exercises to perform, then limit your workout to no more than 30 total sets for upper body. You could even do seven exercises times four sets, increasing the weight for each set by five pounds while keeping your reps between eight and twelve. Try this upper body routing:

- Incline dumbbell bench press at 30-degrees (for upper pecs)
- Front pulldown (for lats)
- Dumbbell pullover
- Interspersed with one-arm shoulder stretches

TRICEPS AN DELTS

- One-arm dumbbell extension
- One-arm dumbbell side raise

BICEPS AND FOREARMS

- Curl dumbbells face down on steep incline bench
 - Stopping a second at the top with slow slow negatives each rep
- Barbell wrist curl

ABS

- Hanging knee up or leg raises
 - No more than four sets of 30 reps

MARCH 23

WORKOUT 36

Today I do legs with one set of thigh and calf exercises combined with two minutes on aerobic devices in between:

- Leg extension
- Leg curl
- Erect squat
 - All for 10 reps, followed by two minutes on stationary bike

- Leg press
- Hip machine
- Standing one-legged curl
 - All for 10 reps, treadmill for two minutes

- Standing calf raises
- Leg press
- Donkeys
- Seated calf raises
 - All for 15 reps, followed by two minutes of walking around

- Hanging knee ups
- Crunches
- Seated twist
 - All for 30 reps, followed by a three-minute rest before going around my circuit once more

MARCH 25

WORKOUT 37

A trip by car or plane is a workout in itself. Planning one tomorrow, I decide not to weight train and instead do stretching – holding each stretch 20 seconds without bounce – followed by aerobics:

- Two-arm lat stretch
- Doorway stretch
- One-arm lat stretch
- One-arm shoulder stretch
- Arms back stretch
- One-arm rear delt stretch
- Two-arm lat stretch
- One leg up stretch
- One leg back stretch
- Calf Stretch

ABS

- Leg raise
- Crunches
- Seated twist
 - Two sets of 30 reps each

MARCH 27

MEDITATE THEN WORKOUT 38

While there are many ways to meditate, I've found that shooting my new blowgun an interesting variation to improve my focus. First, I get up and meditate, then while in a relaxed state I shoot darts at a target until one hits the center. When three are centered, I make breakfast, eat, work a bit, write, read, then go to the gym and begin an intensive chest-shoulder-triceps workout after first doing doorway stretching.

- Lightweight barbell presses on 30-degree incline
 - 15 reps, four-second negatives, then 10 reps with 140 pounds, then more doorway stretching
- Dumbbell press on 70-degree incline
 - 10 reps with 45 and 50 pounds
- Pec deck
 - 10 reps with 130 and 145 pounds
- Dip machine
 - 10 reps with 150 and 160 pounds
- Dumbbell pullover
 - Two sets of 10 reps with 80 pounds
- Superset
 - Rear delt machine
 - Two sets of 10 reps with 100 pounds
 - Pressdown
 - Two sets of 10 reps with 70 pounds
- Superset
 - One-arm dumbbell extension
 - Two sets of 10 reps with 30 pounds
 - One-arm dumbbell side raises
 - Two sets of 10 reps with 20 pounds
- Tri-set
 - Knee up
 - Partial situp
 - One-arm cable crunch
 - Two sets of 30 reps each
- Rowed
 - 1000 meters in five minutes

MARCH 30

WORKOUT 39 – ATTAINMENT BEGINNING

I'm able to get into a single-minded concentration, a state the yogis call Samadhi. Before the 1979 Mr. Olympia contest, I was able to sustain that concentration for weeks at a time. But now it doesn't last. So, I must focus on one thing at a time and forget everything else. With the vision of Paul Thomas' biceps in my mind, I work on back-biceps-forearms remember to pull hard on all movements, while being careful not to superset two pulling exercises in a row.

- Superset
 - Pulldown
 - 155 pounds for 12 reps, 170 for 10
 - Cable crossover behind neck
 - Two sets of 20 reps with 40 pounds (the best combination for upper lats I know)
- Superset
 - Low cable row
 - 10 reps at 150 and 165 pounds
 - Dumbbell shrug
 - Two sets of 20 reps with 65 pounds
- One-arm cable rowing
 - Two sets of 10 reps at 100 pounds, one-arm lat stretch after each set
- Dumbbell concentration curls
 - Nonstop sets of 12, 10 and eight reps with 30 pounds each arm
- Curling face down on incline bench
 - Two arms for two sets of 10 reps with 30-pound dumbbells
- Preacher bench
 - 12 and 10 reps at 80 and 90 pounds
- Tri-set
 - Reverse wrist curl
 - Two sets of 12 reps
 - Wrist curl
 - Two sets of 12 reps
 - Gripper
 - Two sets of 12 reps

APRIL 1

WORKOUT 40

Because legs wear out first in the aged, I always plan my sessions to avoid any kind of leg injury. With ab work, it is unnecessary to do too many total reps at this stage. I used to do one thousand a day. It sure paid off in great abs but my lower back usually was sore and sometimes still hurts today. Now do 1000 ab reps – not a day – but a week, along with aerobics for one to two hours a week. I seek the best nutrition all the time keeping my fat calories under 26 percent and protein at least one gram per pound of bodyweight with carbs a little higher than protein intake. I eat starches early in the day. This gives me enough energy to work out and make gains.

- Leg extension
- Leg curl
 - Both 15, 12 and 10 reps increasing the weight 10 pounds each set, and one minute rest between sets
- Squatting (with upper body erect)
 - 15, 12, and 10 reps increasing the weight 10 pounds each set, and one minute rest between sets
- Rest three minutes
- Standing calf raises
 - 15 reps, holding five seconds at the top
- Leg press calf raise
 - 15 reps, holding five seconds at the top
- Donkey
 - 15 reps, holding five seconds at the top
- Seated calf raises
 - 15 reps, holding five seconds at the top
- Treadmill
 - 11 minutes at 3.3 miles per hour followed by some ab work

APRIL 4

WORKOUT 41

I'm doing a chest-shoulder-triceps workout today with a client.

- One-arm shoulder stretch
- 70-degree dumbbell front press
 - 40 pounds for 15 reps, 45 for 12

UPPER PECS

- 30-degree dumbbell press
 - Two sets of 15 reps with 45 pounds, then 12 reps with 50 pounds, stretching deep down when the dumbbells reach the bottom of each rep and not locking out at the top, holding tension all through the set
- Pec deck
 - 115 pounds for 15 reps, 130 for 12
- Dip
 - Two sets of 10 reps with bodyweight
- Close-grip barbell bench press
 - Two sets of 10 reps with 100 pounds, doing very slow negatives
- Bent over dumbbell raises
 - Two sets of 12 reps with 20-pound dumbbells for rear delts
- Superset
 - One-arm dumbbell extension
 - One-arm side cable raises
 - Two sets of 10 reps with 30 pounds on each
- Rowing
 - 1000 meters

ABS

- Partial situp
- One-arm cable crunch
- Leg raises
 - Three sets of 30 reps

APRIL 6

WORKOUT 42

Today it is time to work on back-biceps-forearms. For the sake of the elbows, pulling exercises are best done with a palms parallel grip. I do all my pulldowns and rows this way because it gives me a pump and keeps my elbows injury free.

- Front pulldown
 - 10 reps with 150, 160, and 170 pounds, not locking out and pulling all the way down to my upper chest
- Low cable row
 - 10 reps with 140 and 150 pounds
- One-arm dumbbell row
 - Two sets of 10 reps with 70 pounds, with one-arm lat stretch between sets
- Close parallel grip pulldown
 - Two sets of 12 reps with 140 pounds
- 60-pound dumbbell shrugs
 - Two sets of 20 reps

BICEPS

- Alternate dumbbell curl
 - 12 reps with 35 pounds, 10 with 40
- Dumbbell concentration curl
 - Two sets of 10 reps with 30 pounds

FOREARMS

- Barbell reverse curl
 - Two sets of 10 reps with 70 pounds
- Barbell wrist curl
 - Two sets of 20 reps with 90 pounds

ABS

- Leg raise
- Partial situp
- One-arm cable crunches
 - Three sets of 30 reps each

APRIL 8

WORKOUT 43

Thighs have always been my strongest body part. I could squat with 300 pounds for sets of 10 when I was 18. I've found the only time I need to squat heavier is when I want to gain a few pounds. Caution: heavy squatting can wreck your lower back and knees. This routine makes more sense:

- Leg extension
- Leg Blaster squat
 - Two sets of 10 reps each
- Leg curl
- Leg press
 - Two sets of 10 reps each, followed by a three minute rest

CALVES

- Standing calf raises
 - Two sets of 15 reps, holding five seconds at the top of each
- Donkeys
 - Two sets of 15 reps, holding five seconds at the top of each
- Seated calf raises
 - Two sets of 15 reps, holding five seconds at the top of each
- Leg raises
- Crunches
 - Two sets of 30 reps each
- Stationary bike
 - 10 minutes
- Treadmill
 - 10 minutes

APRIL 10

WORKOUT 44

Chest-shoulder-triceps workout gives the best pump of all through working the pushing, lateral raising, and the extending muscles.

- 30-degree dumbbell press
 - 10 reps with 50 and 55 pounds
- Pec deck
 - 10 reps with 115 and 130 pounds
- Dumbbell pullover
 - 12 reps with 50 pounds and 10 reps with 55 pounds
- Dip
 - Two sets of 10 reps with bodyweight
- One-arm tricep extension
 - 10 reps at 30 pounds, eight at 35
- One-arm side raise one-arm with dumbbell
 - 10 reps at 15 pounds, eight at 20
- 300 total reps of the usual abdominal stuff
- Treadmill
 - 20 minutes

APRIL 12

WORKOUT 45

This is a back-biceps-forearms workout I did years ago but with weights I'd use today:

LATS

- One-arm dumbbell row
 - 10 reps with 60, 65, and 70 pounds each set followed with one-arm lat stretch
- Wide grip pulldown behind the neck
 - 150 and 160 pounds for 10 reps, although I don't do this exercise anymore because it hurts my shoulder
- T-bar row (simply an Olympic bar stuck in a corner with 70 pounds loaded on one end)
 - Three sets of 10 reps adding 10 pounds each set

BICEPS

- Alternate dumbbell curl
 - 35 pounds for 12 reps, 40 for 10, and 45 for eight
- One-arm dumbbell concentration curl
 - 10 reps with each arm using 30 pounds nonstop with slow negatives
- Reverse curl
 - Three sets of 10 reps with 85 pounds

ABS

- Crunches
- Hanging knee ups
- Seated twist
 - Three tri-sets of 30 reps each
- Rowing
 - 500 meters

APRIL 14

WORKOUT 46

Legs have always been an easy body part for me, so today I concentrate on aerobics instead of the usual leg training spree:

- Treadmill
 - 20 minutes from -2 up to 12 degrees
 - Stationary bike
 - 20 minutes
-

APRIL 16

WORKOUT 47

Training the chest-shoulders-triceps requires cutting down on rest between sets to give maximum definition and stamina. The following half-hour workout is organized in tri-sets as a way to optimize pump and muscular striations.

- Tri-set
 - Front press
 - Pec deck
 - Pullover
 - Two sets of 10 reps each
- Tri-set
 - 30-degree incline barbell press
 - Rear delt machine
 - Dip machine
 - Two sets of 10 reps each
- Superset
 - One-arm dumbbell triceps extension
 - One-arm dumbbell side raise
 - Two sets of 10 reps each

APRIL 19

WORKOUT 48

Today I train back-biceps-forearms.

- Front pulldown
 - 12, 10, and 8 reps with 160, 170, and 180 pounds
- Low cable row
 - 10 reps with 150 and 160 pounds
- One-arm cable row
 - Two sets of 12 reps with 100 pounds each arm
- Dumbbell shrugs
 - Two sets of 20 reps with 65 pounders
- One-arm concentration dumbbell curl
 - 30 pounds of two nonstop sets of 10 reps
- Face down incline alternate dumbbell curl
 - 12 reps with 30 pounds, 10 reps with 35, eight reps with 40
- Reverse wrist curl
 - Two sets of 10 reps with 50 pounds
- Barbell wrist curl
 - Two sets of 15 reps with 75 pounds

ABS

- Crunches
 - Three sets of 30 reps
- Leg raises
 - Three sets of 30 reps
- Seated twist
 - Three sets of 40 reps

APRIL 22

WORKOUT 49

A question I'm often asked about training is, "What are you thinking about when doing a set?" The answer is counting: keeping track of reps and attending to the pump I get. The most frequently used numbers are 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 18, 20, 25, 30, 40, 50, and 100. Using them helps me get a great pump and increase my workout intensity. Today is a leg workout, pretty much the same workout with the same reps and weights as last time:

- Leg extension
 - Two sets of 10 reps
- Leg curl
 - Two sets of 10 reps
- Leg Blaster squat
 - Two sets of 10 reps
- Leg press
 - Two sets of 10 reps
- Hip machine
 - Two sets of 10 reps
- Standing one leg curl
 - Two sets of 10 reps

CALVES

- Standing calf raise
 - One set of 15 reps holding five seconds at the top
- Seated calf raise
 - One set of 15 reps holding five seconds at the top
- Donkey calf raise
 - One set of 15 reps holding five seconds at the top
- Calf raises on leg press machine
 - One set of 15 reps holding five seconds at the top

ABS (300 total reps)

- Hanging knee ups
- Crunches
- One-arm cable crunches

APRIL 24

WORKOUT 50

After hours of searching, I uncovered my training journals. Twenty-one hand written books covering training sessions from 1959, 1968, 1974-1986, 1990 to the present. The years my training was serious enough to get in great shape, I recorded not only the workouts with numbers of sets, reps, and pounds, but also contest posing routines, foods I ate, supplements I took, and dreams I had. So first a chest-shoulder-triceps workout from spring 1994:

- 30-degree incline barbell press
 - 120 pounds for 10 reps, 130 for eight, 140 for six using a 10-second negative
- 70-degree incline dumbbell press
 - 45 pounds for 10 reps, 50 for seven, deep stretch at the bottom and slow negatives
- Pec deck
 - 115 pounds for 12 reps, 130 for 10
- Cable crossover
 - 40 pounds for two sets of 10 reps
- Parallel dips
 - Two sets of 10 reps
- Dumbbell pullover
 - 12 reps with 60 pounds and 10 with 65
- Rear deltoid bent over dumbbell raises
 - Two sets of 12 with 25 pounds
- Triceps pressdown
 - 12 reps with 70 pounds and 10 with 75
- One-arm dumbbell extension
 - 32.5 pounds for 10 reps and 35 for eight
- One-arm dumbbell side raises
 - 15 and 17.5 pounds both for 12 reps with one arm
- Two-arm tricep cable extension
 - Two sets of 12 reps with 50 pounds
- Dumbbell pronated side raises
 - Two sets of 12 reps with 17.5 pounds

ABS

- Crunches
 - Two sets of 50 reps
- Leg raises
 - Two sets of 30 reps
- Seated twist
 - Two sets of 100 reps

APRIL 27

WORKOUT 51

Back in 1991 here was my back-biceps-forearms workout the day after my 49th birthday:

- Front pulldown
 - 160 and 170 pounds for 10 reps
- Crossover behind neck
 - 40 and 50 pounds for 12 reps
- Low cable row
 - 150 and 160 pounds for 10 reps
- Bent over rear cable raise
 - Two sets of 10 reps with 20 pounds
- Close grip pulldown
 - 12 reps with 140, 10 with 150
- Reverse pec deck
 - Two sets of 12 reps with 65 pounds
- One-arm cable row
 - Two sets with 100 pounds each arm, and one-arm lat stretch after each set

BICEPS

- One-arm seated curl
 - 30 pounds for 12 and 35 pounds for 10 reps
- Face down incline dumbbell curl
 - Two sets of 10 reps with 25 pounds
- Preach cable curl
 - Two sets of 12 reps with 80 pounds

FOREARMS

- Barbell reverse curl
 - Two sets with 65 pounds for 10 reps
- Barbell wrist curl
 - Two sets with 65 pounds for 20 reps
- Gripper
 - Two sets for 20 reps
- Rowing
 - 1000 meters in a little over six minutes

APRIL 29

WORKOUT 52

Because of a sore lower back, I do this thighs-calves-abs workout in order to maximize calves, quads, and hamstrings while taking it easy on the lower back and knees:

- Sissy squat with Leg Blaster
 - Three sets of 20 reps, keeping tension on thighs throughout the movement
- Standing calf raise with Leg Blaster
 - Three sets of 20 reps
- Incline leg raise
 - Three sets of 30 reps

This is a lower body-ab workout with three exercises

MAY 1

WORKOUT 53

From my June 27, 1991, diary entry, I find this chest-shoulder-triceps workout:

- 70-degree incline dumbbell front press
 - 12 reps with 40 pounds, 10 with 45, eight with 50
- Pec deck
 - 130 pounds for 12 reps, 145 for 10
- Dip machine
 - 160 and 170 pounds for 10 reps
- Cable crossover
 - 10 reps with 50 then 60 pounds
- Dumbbell pullover
 - Two sets of 10 reps with 65 pounds
- Stiff arm pulldown
 - Two sets of 10 reps with 60 pounds with doorway stretch between each set
- Pressdown
 - 10 reps with 70 and 80 pounds
- Bent over dumbbell rear delt raises
 - Two sets of 12 reps with 25 pounds
- Superset
 - Dumbbell kickbacks
 - Pronated side dumbbell raise
 - Two sets of 12 reps with 25 pounds for each
- One-arm dumbbell extension
 - Two sets with 35 pounds for 10 reps
- Dumbbell side raise
 - Two sets with 25 pounds for 10 reps
- Rowing
 - 1000 meters in just under six minutes

ABS

- 320 total reps

I rode my bike one mile round trip to the post office, but was glad I was finished when I got home.

MAY 3

THE PULSE OF WORKOUT 54

After my 44th birthday in 1986, I discovered in my diaries that I used to check my pulse after each set.

- Superset
 - Partial situp
 - Pulley knee in
 - Four sets of 30 reps
 - One-arm cable crunch
 - Two nonstop sets each arm holding 75 pounds
 - Seated twists
 - 50 reps
 - Hyperextensions
 - 20 reps (my pulse was 127 after this ab work)
 - Low cable row
 - Two sets of 20 reps with 160 pounds (my pulse went to 165 beats per minute)
 - Deadlift from knee up (with a wide grip)
 - 20 reps and 236 pounds (my pulse hovered around 156)
 - Front pulldown
 - After the third set of 20 reps with 160 pounds, my pulse still at 154
 - One-arm cable row
 - 20 reps with 75 pounds each arm (my pulse was 153)
 - Preacher cable curl
 - Two sets of 10 reps with 70 pounds
 - Seated 30-pound dumbbell curls
 - Two sets of 12 reps (my pulse dropped to 148)
 - Superset
 - Barbell reverse curl
 - Wrist curl
 - Two sets each of 10 reps with 60 pounds (my pulse was 142)
 - Stationary bike
 - Four miles in 12 minutes at 90 revolutions a minute (ended my workout with a pulse at 130 – right on target)
-

MAY 5

LEG PULSATION WORKOUT 55

Looking back to first day of summer in 1986, I did this leg-abs workout while keeping track of my pulse.

- Leg extension
 - Three sets of 15 reps with 160 pounds (my pulse was 146)
- Leg Blaster squat
 - Three sets of 20 reps with 135 pounds (pulse 163)
- Superset
 - Lunges on Leg Blaster
 - 12 reps with 35 pounds, 10 with 40
 - Leg curl
 - 20 with 70 pounds, 16 with 80 (pulse at 148 and 145 after each superset, respectively)
- Three minutes rest
- Standing calf raise
 - Two sets of 15 reps
- Seated calf raise
 - Two sets of 15 reps
- Donkeys
 - Two sets of 15 reps (pulse at 135)
- Ab-aerobics
 - 10 minutes
- Stationary bike
 - 10 minutes at 90 rpm (pulse staying right around 125 the whole time)

MAY 7

WORKOUT 56

Early on June 13, 1986, went for a 20-minute bike ride in the Palm Springs foothills on my red steed, Fassi 12-speed. My pulse rose from 68 at the start, peaked at 170 while going 25 miles an hour in sixth gear, and returned to 68 at the end of seven miles after a five-minute rest. In the gym, I concentrated on chest-shoulders-triceps.

ABS

- Tri-set
 - Partial situp
 - Incline leg raise
 - 75 pound one-arm cable crunch
 - Three sets of 30 reps each
- Hyperextensions
 - Two sets of 20 reps (pulse at 109)

CHEST

- Superset
 - 45-degree incline dumbbell press
 - 50 and 60 pounds for 10 reps
 - V bar dips
 - Two sets of 10 reps with bodyweight (pulse at 153)
- Superset
 - 40-pound cable crossover
 - 60-pound dumbbell pullover
 - Two sets of 10 reps (pulse still at 153)

TRICEPS

- One-arm dumbbell extension
 - Two sets of eight reps with 30 pounds (pulse at 153)
- 70-pound pressdown
 - 10 reps
- 25-pound dumbbell kickback
 - Two sets of 10 reps (pulse down to 147 and my triceps were burning)

SHOULDERS

- One-arm side cable raise
 - Two nonstop sets of 10 reps with 30 pounds (pulse back to 153)
- Rear delt cable raise
 - Two sets of 10 reps with 20 pounds
- Side dumbbell raise
 - Two sets of 10 reps with 25 pounds (pulse around 150)

MAY 9

WORKOUT 57

In July 1985 I trained on a four-way split routine: Day One back-rear delts-abs; Day Two, calves-thighs-abs; Day Three, rest; Day Four, chest-delts-front and side; Day Five, biceps-triceps-forearms-abs; Day Six, rest or bicycle riding. This Day One workout includes back-rear delts-abs:

BACK

- Front pulldown
 - 160 pounds for 12 reps, 170 for 11, 180 for 10 (my negatives are slower now than they were then)
- Low cable row
 - 10 reps at 160, 170, and 180 pounds
- T-bar row
 - 100 pounds for 10 reps, 120 pounds for 10, 130 pounds for eight
- One-arm dumbbell row
 - 10 reps at 80, 85, and 90 pounds

REAR DELTS

- Bent over rear cable raise
 - Three sets of 10 reps with 20 pounds
- Dumbbell shrug
 - Three sets of 10 reps with 75 pounds
- Lightweight barbell press behind neck
 - Three sets of 10 reps
- Pulldown behind neck
 - Three sets 10 reps with 170 pounds
- One-arm side cable raise
 - Nonstop three sets of 10 reps with 20 pounds

ABS

- Tri-set
 - Pulley knee
 - Three sets of 30 reps with 40 pounds
 - Incline leg raise
 - Crunches
 - Three sets of 30 reps
 - Seated twists
 - 80 reps

MAY 10

Workout 58: Day Two of the four-way split concentrates on calves-thighs-abs:

ABS

- Superset
 - Incline leg raise
 - Crunches
 - Three sets of 30 reps
- Seated twists
 - 100 reps
- Hyperextension
 - Two sets of 20 reps

One minute of rest

CALVES

- Donkey calf raise
 - 200, 220, and 240 pounds for 20 reps
- Seated calf raise
 - 80 and 90 pounds for 20 reps, then 100 pounds for 15 reps

THIGHS

- Leg curl
 - 80 pounds for 12 reps, 90 for 11, 100 for 10
- Leg extension
 - 160 pounds for 12 reps, 170 and 180 pounds for 11 reps
- Leg Blaster squats
 - 85 pounds for 16 reps, 135 for 12, 165 for 10
- Lunges
 - Three sets of 10 reps with 40 pounds
- Stationary bike
 - 15 minutes

MAY 12

WORKOUT 59

I write in my diary that owning my body implies taking care to completely control my workout and nutrition. On July 19, 1986, in my Palm Springs gym, I begin Day Four of the four-way split routine: chest, front and side-delts, abs:

- 30-degree incline barbell press
 - 100 pounds for 12 slow reps, 120 for 10, 140 for 8
- 60-degree incline dumbbell press
 - 45 pounds for 12 reps, 50 and 55 for 10
- Two-arm dumbbell side raises
 - 20 pounds for 12 reps, 25 for 10
- One-arm side cable raise
 - Three nonstop sets of 10 reps with 30 pounds

LOWER OUTER/INNER PECS

- Decline dumbbell press
 - 55 pounds for 12 reps, 60 pounds for 10
- Dumbbell pullover across bench
 - 60 pounds for 10 reps, 65 pounds for 12

ABS

- Pulley knee in
 - 35 pounds for 40, 30, then 30 reps
- Incline leg raise
 - 40, 30, and 30 reps
- Crunches
 - 50 reps
- Seated twist
 - 100 reps

MAY 14

WORKOUT 60

In July of 1985, I spent 40 minutes on an early morning eight-mile bike ride. My arms were all that's left today for this fifth day of my four-way split routine that includes biceps-triceps-forearms-abs training. My carb intake that day was only 150 grams ammunition since I was beginning to watch for more definition.

- Superset
 - Facedown incline dumbbell curl
 - 25 pounds for 15 reps, 30 pounds for 12, 35 pounds for 10
 - Dumbbell kickback
 - 20 pounds for 15 reps, 25 pounds for 12, 30 pounds for 10
- Superset
 - One-arm dumbbell concentration curl
 - one-arm dumbbell extension
 - Three sets of 10 reps with 30, 35, 40 pounds on both exercises
- Superset
 - Preacher cable curl
 - 90 and 100 pounds for 12 reps
 - Triceps pressdown 70 and 80 pounds for 10 reps each set

FOREARMS

- Superset
 - Barbell reverse curl
 - Wrist curl
 - Both 70 and 80 pounds for 15 reps
- Grippers
 - 12 reps
- Pulley knee in
 - Three sets of 25 reps with 40 pounds

ABS

- Tri-set
 - Incline leg raise
 - Crunches
 - One-arm able crunch
 - Two sets of 30 reps each

MAY 15

WORKOUT 61

The sixth day of my four-way split routine –ab-aerobics – began at sunrise with 10-mile bike ride in 44 minutes, followed immediately by 480 reps of abs.

GIANT SET

- Incline raise
 - Two sets of 40 reps
- Crunches
 - Two sets of 40 reps
- Incline knee in
 - Two sets of 40 reps
- Incline Situp
 - Two sets of 40 reps
- Hanging knee up
 - Two sets of 40 reps
- Seated twist
 - Two sets of 40 reps

MAY 18

WORKOUT 62

The next day I began at 7 A.M. with Day One of the two-way split: calves-thighs-back-abs. Accompanied by training partner Lynn in my Palm Springs gym, we spent an hour and a half on this routine:

CALVES

- Standing calf raises
 - 15 reps with 140 and 160 pounds
- Donkeys
 - 200 pounds for 18 reps, 220 for 15
- Seated calf raises
 - Two sets of 15 reps with 95 pounds

THIGHS

- Leg curl
 - 80 pounds for 12 reps, 90 for 10, 100 for 10
- Leg extension
 - 170 pounds for 12 reps, 180 for 11, 190 for 10
- Leg Blaster squat
 - 125 pounds for 12 reps, 145 for 10, 165 for eight

BACK

- Low cable row
 - 160, 170, and 180 pounds for 10 reps
- T-bar row
 - 120 and 145 pounds for 10 reps
- Front pulldown
 - 10 reps with 170, 180, and 190 pounds
- Close grip pulldown
 - 150 and 160 pounds for 10 reps

ABS

- Tri-set
 - Pulley knee in
 - Incline leg raise
 - Crunches
 - Three sets of 30 reps on each
- Hyperextension
 - Two sets of 20 reps
- Seated twist
 - 100 reps

MAY 20

WORKOUT 63

At 7 A.M. sharp, I met my partner in the gym for Day Two of the hour and a half split routine; chest-delt-shoulders-biceps-triceps-forearms-abs workout:

- 15-degree incline bench barbell press
 - 140 pounds for 10 reps, 160 for nine, 170 for eight
- 45-degree incline dumbbell press
 - 60 pounds for 10 reps, 65 for eight, 70 for six
- 75-degree incline dumbbell press
 - 50 pounds for 10 reps, 55 for nine, 60 for seven
- Decline dumbbell fly
 - 40 pounds for 12 reps, 45 for 11, 50 for 10
- Dumbbell pullover
 - 60 pounds for 12 reps, 65 for 11, then 70 for 10

BICEPS AND TRICEPS

- Superset
 - 15-degree incline dumbbell curl
 - 30 pounds for 12 reps, 35 for 12, 50 for 10
 - Tricep pressdown
 - 70 pounds for 12 reps, 75 for 11, 80 for 10
- Superset
 - One-arm dumbbell concentration curl
 - 40 pounds two sets for 10 reps
 - One-arm dumbbell triceps extension
 - 35 pounds two sets for 10 reps

REAR DELTS

- Rear cable raise
 - Three sets of 10 reps with 20 pounds
- Two-arm dumbbell side raises
 - Three sets of 12 reps with 20 pounds

FOREARMS

- Barbell reverse curl
 - Two sets of 12 reps with 85 pounds

ABS

- 365 total reps on same abs exercises as last workout



MAY 22

WORKOUT 64

On December 6, 1984, I worked from 6:00 to 7:40 A.M. with my training partner on calves-thighs-back-abs. One of my favorite ways to train calves is to do 15 reps of three different exercises, one right after the other without any rest between (i.e., a tri-set). This gives a tremendous burning sensation in the muscle, which I found to be the secret of calf development – do reps until the onset of a burn.

- Tri-set
 - Standing calf raise
 - 120 pounds for 15 reps
 - Seated calf raise
 - 90 pounds for 15 reps
 - Donkey calf raise
 - 200-pound partner sitting on my lower back for 15 reps

Rest for three minutes, then do the same tri-set with 10 added pounds on each exercise, holding each rep for five seconds at the top.

THIGHS

- Leg curl
 - 80, 90, and 100 pounds of 10 reps each
- Leg extension
 - 10 reps with 180, 190, and 200 pounds
- Leg Blaster squat
 - 10 reps with 130, 150, and 165 pounds

BACK

- T-bar row
 - 120 pounds for 10 reps, 145 for 10, 155 for eight
- Front pulldown
 - 10 reps with 170, 185, and 195 pounds
- Close grip pulldown
 - 150 pounds for 10 reps, 160 for nine, 170 for eight

MAY 24

WORKOUT 65

I got up early to eat a breakfast of oatmeal, fruit, and coffee and give it time enough to digest before working chest-delts-arms today. There was no way I wouldn't get a great pump after a carb-loaded breakfast like that. We used the time-star method: concentrating on doing more sets in less time—one hour—rather than using heavier weights. This is the way to build great definition.

CHEST

- 15-degree incline barbell press
 - Working up to 180 pounds on the third set for six slow reps
- 50-degree incline dumbbell press
 - 60 pounds for 10 reps, 65 for nine, and 70 for seven
- Decline fly
 - 50 pounds for 10 reps, 45 for 9, and 50 for eight
- Dumbbell pullover
 - 65, 70, and 75 pounds for 10 reps
- Seated dumbbell press
 - Three sets of eight reps with 60 pounds
- Bent over rear delt cable raise
 - Three sets of 12 reps with 30 pounds
- one-arm dumbbell side raise
 - Three sets of 10 reps with 20 pounds

BICEPS AND TRICEPS

- Superset
 - Incline dumbbell curl
 - 30 pounds for 12 reps, 40 for 10
 - Pressdowns
 - Two sets of 12 reps with 70 pounds
- Superset
 - One-arm dumbbell concentration curl
 - 40 pounds for two sets of 10
 - One-arm dumbbell extension
 - 30 pounds for 10 reps, and 35 for eight

FOREARMS

- Barbell reverse curls
 - 35 and 40 pounds for 10 reps
- Barbell wrist curl
 - Two sets of 100 pounds for 15 reps (for a minute couldn't get a grip on anything; still breathless, I did the following tri-set)

ABS

- Tri-set
 - Pulley knee-in
 - 35 pounds
 - Incline leg raise
 - Crunches
 - Three sets for 36 reps each
- Hyperextensions
 - 20 reps
- Seated twists
 - 100 reps

MAY 26

WORKOUT 66

I trained for the 1983 Mr. Olympia contest with a torn shoulder rotator cuff. So, I couldn't lock out my right arm and had to reduce my upper body weights in training. With limited thinking, I was determined to win it again, or die trying. I almost did by unconsciously inventing a bike accident thus having a graceful exit from the competition. But even though I didn't win, I had the most definition. here's an early morning chest-shoulders-back-abs workout from the summer 1983 contest preparation on my 41st birthday at World Gym in Santa Monica.

- Dumbbell upright row
 - 25 pounds for 15 reps, 30 for 15, 35 for 12
- Machine press
 - 70 pounds for 14 reps, 80 for 12, 90 for 10

CHEST

- 10-degree incline press on Smith machine
 - 100 pounds for 20 reps, 120 for 15, 140 for 10 (not locking out)
- Dumbbell fly
 - 30, 35, 40, and 45 pounds for 10 to 12 reps
- Pullover with dumbbells
 - 75, 80, and 85 pounds for 10 to 15 reps

BACK

- Low cable row
 - 10 reps with 170, 180, and 190 pounds
- Front pulldown
 - 10 reps with 170, 180, and 190 pounds, then without a break
- One-arm dumbbell row
 - 10 reps with 80, 85, and 90 pounds doing a one-arm lat stretch after each set
- Close grip pulldown
 - 10 reps with 150, 160, and 170 pounds

My delt-chest-back workout at World Gym was completed, but this was not enough, so I rushed a mile south to Gold's Gym in Venice to use their Nautilus machines

- Torso row (for rear delts and traps)
 - 15 reps with 40, 50, and 60 pounds
- Behind neck machine (for upper lats)
 - 15 reps with 40, 50, and 60 pounds
- Two-way chest machine fly
 - 10 reps at 60, 70, and 80 pounds for each two-part movement
- Chest press
 - 10 reps at 60, 70, and 80 pounds for each two-part movement

ABS

- Incline leg raise
 - Four sets of 30 reps
- Roman chair
 - Four sets of 30 reps
- Seated twists
 - 100 reps
- Hyper extensions
 - 20 reps

After finishing at 11:30 A.M., I went home and ate birthday cake.

MAY 28

- Both for three sets of 30 reps
- Seated twists
- 100 reps

WORKOUT 67

I did this biceps-triceps-forearms-thighs-calves-abs workout at World Gym on June 29, 1983:

- Superset
 - Preacher cable curl
 - 80 pounds for 12 reps, 90 for 11, 100 for 10
 - Pressdown
 - 70, 75, and 80 pounds for 10 to 12 reps
- Superset
 - One-arm dumbbell concentration curl
 - 35, 40, and 45 pounds for 10 to 12 reps
 - One-arm dumbbell extension
 - 30, 35, and 40 pounds for eight to 12 reps
- Superset
 - Barbell reverse curl
 - 65 and 75 pounds for 10 reps
 - Wrist curl
 - Two sets of 18 reps with an 85-pound barbell

THIGHS

- One-legged top extension
 - 40 pounds for 15 reps, 50 for 12, 60 for 10 to warm up my knees
- Lunges
 - 50, 60, and 70-pound barbell for 10 reps
- Leg curl
 - 80, 90, and 100 pounds between nine to 12 reps
- Leg Blaster squats
 - 120, 140, and 160 pounds for 10 reps
- One-leg curl
 - Two sets of 15 reps with 30 pounds

CALVES

- Seated calf raise
 - 90, 100, and 110 pounds for 15 reps
- Calf raises on leg press machine
 - 200, 220, and 240 pounds for 15 reps

ABS

- Superset
 - Roman chair situp
 - Hanging knee ups

MAY 30

WORKOUT 68

On July 1, 1983, I rode my bike for 55 minutes before a delts-chest-back-abs workout in my Palm Springs gym from 7 to 9 A.M.:

- Dumbbell upright row
 - 25 pounds for 20 reps, 30 for 18, 35 for 15
- Press behind neck
 - 70 pounds for 15 reps, 85 for 12, 100 for 10
- Dumbbell rear delt raises
 - Three sets of 12 reps with 25 pounders
- Rear cable raise
 - 20 pounds for three sets of 12 reps
- Dumbbell fly
 - 30 pounds for 15 reps, 35 for 12, 40 for 10
- Pullover
 - 65 pounds for 15 reps, 70 for 12, 75 for 10

BACK

- Low cable row
 - 160, 170, and 180 pounds for 10 reps
- One-arm dumbbell row
 - 70, 80, and 90 pounds for 10 reps
- One-arm lat stretch
- Front pulldown
 - 175, 185, and 195 pounds for 10 reps
- Deadlift
 - 175 pounds for 10 reps, 215 for nine, 235 for eight

ABS

- Pulley knee in
 - 40 pounds for 50, 30, and 20 reps
- Crunches
 - 150 reps

June 1

WORKOUT 69

On July 2, 1983, following a 55-minute bike ride after sunrise in the short steep foothills bordering Palm Springs, I did a calves-thighs-abs workout for an hour and a half.

CALVES

- One legged calf raise (on the Leg Blaster in an upright position)
 - First left leg, then right leg, then both legs
 - 15 reps with 100, 110, and 120 pounds
- Seated calf raise
 - 90 pounds for 20 reps, 100 for 16, 115 for 15
- Leg curl
 - 80 pounds for 12 reps, 85 for 12, 90 for 10
- Leg extension
 - 160 pounds for 12 reps, 180 for 10, 190 for 10
- One-leg extension
 - 60 pounds for 10 reps on each leg
- Front squat
 - 80 pounds for 12 reps, 100 for 11, 120 for 10

ABS

- Incline leg raise
 - 40, 30, and 30 reps
- Crunches
 - 40, 30, and 30 reps
- Seated twists
 - 100 reps
- One-arm cable crunch with each arm
 - Two sets of 25 reps
- Hyperextension
 - 25 reps

June 2

WORKOUT 70

On July 3, 1983 after a 45-minute bike ride, I began arms-abs training at 7:10 A.M. in my Palm Springs gym.

- Superset
 - Preacher cable curl
 - 75 pounds for 15 reps, 100 for 14, and 110 for 12
 - Dumbbell kickback face down on the incline bench
 - 15 reps with 25, 30, and 35 pounds
- Superset
 - One-arm dumbbell concentration curl
 - 10 reps with 35, 40, and 45 pounds
 - One-arm dumbbell extension
 - 30 pounds for 12 reps, 35 for 11, 40 for 10
- EZ bar reverse grip preacher curl
 - 35 pounds for 15 reps, 40 for 12, 45 for 10
- Pressdown
 - Three sets of 75 pounds for 10 reps holding each lockout one second

FOREARMS

- Barbell wrist curl
 - 80 pounds for 20 reps, 90 for 15, 100 for 10
- Wrist rotation
 - Rotating a two-foot 10-pound bar in each hand for 12, 11, then 10 times

ABS

- Pulley knee lying on the floor
 - 45 pounds for 40, 30, 20, and 10 reps resting 20 seconds between sets
- Superset
 - Incline leg raise
 - Three sets of 25
 - Crunches
 - 35, 40, and 50 reps
- Seated twists (with a pole)
 - 100 reps
- One-arm cable crunches
 - Two sets of 20 reps with each arm with 70 pounds

June 4

WORKOUT 71

Training by myself and thinking about the dreams, I figured that at least I can count on me. While doing the low incline press on the Smith machine, I remembered how I couldn't lockout because my shoulder hurt. I thought it was just a sprain but later found out it was almost a complete tear in the rotator cuff. Well, that explained all the pain. But I knew I had to train, so I got into a delts-chest-back training in the World Gym at 9 A.M.

- Dumbbell upright row
 - 25 pounds for 15 reps, 35 for 12, 40 for 10
- Machine press
 - 70 pounds for 15 reps, 80 for 12, 90 for 10

CHEST

- Incline barbell press
 - 100 pounds for 15 reps, 120 for 10, 140 for 8 with slow negatives
- Dumbbell flies
 - 35, 40, and 45 pounds for 12 reps
- Dumbbell pullover
 - 80 pounds for 15 reps, 85 for 12 reps, 90 for 10

BACK

- Front pulldown
 - 180 pounds for 12 reps, 190 for 11, 200 for 10
- Low cable row
 - 180 pounds for 10 reps 190 for 10, 200 for 10
- One-arm dumbbell row
 - 80, 90, and 100 pounds for 10 reps (followed by a one-arm lat stretch)
- Close grip pulldown
 - 150, 160, and 180 pounds for 10 reps

DELTS

- Behind neck machine
 - 40, 50, and 60 pounds for 15 reps for lats (using the Nautilus TM machines at Gold's Gym)
- Torso row
 - 50, 60, and 70 pounds for 15 reps each set
- Nautilus two-way chest machine
 - 80 pounds for 12 reps, 90 for 10, and 100 for 8

ABS

- Roman chair situp
 - 75, 50, and 50 reps
- Hanging knee ups
 - Three sets of 25 reps
- Incline leg raises
 - Three sets of 20 reps
- Flat out on seated twist
 - 100 reps
- Hyperextensions
 - Two sets of 20 reps
- Bike riding
 - Up San Vicente Boulevard for 34 minutes with Christine

June 6

WORKOUT 72

From 8:20 to 10:40 A.M. on July 6, I did arms-legs-abs training at the World Gym.

ARMS

- Superset
 - Preacher cable curl
 - 70 pounds for 12 reps, 80 for 12, 90 for 10
 - Dumbbell kickback
 - 30 pounds for three sets of 10 reps
- Superset
 - One-arm dumbbell concentration curl
 - 35, 50, and 45 pounds for 10 reps
 - One-arm dumbbell extension
 - 35 pounds for 10 reps, 40 for eight, 40 for nine
- Superset
 - Pressdown
 - Three sets of 10 reps with 80 pounds
 - Alternate dumbbell curl
 - 10 reps with 35, 40, and 45 pounds
- Superset
 - EZ bar reverse grip preacher curl
 - Three sets with 55 pounds for eight reps
 - Barbell wrist curl
 - Three sets 85 pounds for 15 to 20 reps

THIGHS

- On leg top extension
 - 40 pounds for 15 reps, 50 for 12, 60 for 9
- Lunges with Leg Blaster
 - 50 pounds for 12 reps, 60 for 11, 70 for 10
- Leg curl
 - 80 pounds for 12 reps, 90 for 10, 100 for 8
- Hack squats (using a light weight for a pump)
 - 40 pounds for 12 reps, 60 for 11, 80 for 10

CALVES

- Standing calf raises
 - 200, 220, and 240 pounds for 15 reps
- Seated calf raises
 - 100, 100, and 120 pounds for 15 reps
- Calf raises on the leg press machine

- Four sets of 15 reps at 250 pounds

ABS

- Superset
 - Hanging knee ups
 - Four sets of 30 reps
 - Roman chair situp
 - 30, 30, 30, and 50 reps
- Seated twists
 - 100 reps
- Hyperextensions
 - Two sets of 20 reps

June 8

WORKOUT 73

The next day after riding my bike for 48 minutes, I trained delts-chest-back from 6:50 to 9 A.M. in my Palm Springs gym.

DELTS

- Dumbbell upright row
 - 25 pounds for 20 reps, 30 for 15, 35 for 12, 40 for 12
- Press behind neck with barbell
 - 80 pounds for 14 reps, 95 for 12, 105 for 10
- Dumbbell raise to the rear
 - Three sets of 25 pounds for 12 reps
- Rear delt cable raise
 - 10 pounds for 15, 15 pounds for 8, 15 pounds for 8
- One-arm side cable raise
 - Two sets of 12 with 20 pounds nonstop with each arm

CHEST

- Dumbbell fly
 - 35 pounds for 12 reps, 40 for 12, 45 for 10
- Tensing pecs
 - 15 seconds between sets to bring out inner pec striations
- Pullover
 - 70, 75, and 80 pounds for 10 reps each

BACK

- Front pulldown
 - 180, 190, and 200 pounds all for 10 reps
- Low cable row
 - 180, 190, and 200 pounds for 10 reps was as heavy as I could go
- One-arm dumbbell row
 - 90, 95, and 100 all for 10 reps
- Deadlift
 - 195 pounds for 10, 235 pounds for 9, 255 pounds for 7 (I used straps with a wide grip)

ABS

- Pulley knee-in
 - 40 pounds for 50, 30, and 20 reps
- Superset
 - Incline leg raise
 - Crunches
 - Four sets of 25 reps

- Seated twist
 - 100 reps
- Hyperextension
 - 25 and 15 reps



June 9

WORKOUT 74

After riding my bike for 50 minutes during the pre-dawn hours before it got hot, I began an abs-calves-thighs workout at 7:10 A.M.:

ABS

- Incline leg raise
 - 100 reps
- Crunches
 - 100 reps
- Seated twist
 - 100 reps

CALVES

- One leg calf raise with Leg Blaster
 - 90, 100, and 110 pounds for 15 reps
- Seated calf raise
 - 18 reps at 100, 105, and 110 pounds
- Standing Leg Blaster calf raises
 - 200 pounds for 15 reps

THIGHS

- Leg curl
 - 80 pounds for 12 reps, 90 for 10, 100 for 10
- Leg extension
 - 160 pounds for 10 reps, 180 for 10, 200 for 9
- One-leg top extension
 - 60 pounds for 15 reps with each leg
- Sissy squats on Leg Blaster
 - Three sets of 15 reps with 100 pounds

June 10

- 25 then 15 reps
After that, I had breakfast and laid in the sun.

WORKOUT 75

At 7 A.M. I was in my gym on July 10, 1983, to work on arms-abs after riding my bike for 40 minutes.

ARMS

- Superset
 - Preacher cable curl
 - 80 pounds for 12 reps, 90 for 10, 80 for 10
 - Dumbbell kickback
 - 25 pounds for 20 reps, 30 for 15, 35 for 12
- Superset
 - One-arm dumbbell concentration curl
 - One-arm dumbbell extension
 - 35 pounds for 10 reps, 40 for 9, 45 or 8 both exercises
- Superset
 - Alternate dumbbell curl
 - 40 pounds for 10 reps, 45 for 9, 50 for 8
 - Pressdown
 - 75 pounds for 12 reps, 80 for 11, 85 for 10

Then took a quick drink of water

FOREARMS

- Tri-set
 - Reverse barbell curl
 - 10 reps at 80 and 90 pounds
 - Barbell wrist curl
 - 80 pounds for 18 reps, 90 for 15
 - Squeezing two grippers
 - Two sets of 20 reps each
 - Afterwards, I shook out my hands for 10 seconds

ABS

- Pulley knee in
 - 45 pounds strapped around my ankles for 50, 30 and 20 reps
- Superset
 - Incline leg raise
 - 40, 30 and 30 reps
 - Crunches
 - Three sets of 40 reps
- Seated twist
 - Three sets of 50 reps
- Hyperextension

June 12

WORKOUT 76

Arriving yesterday afternoon in Santa Monica and went shopping in the mall where all eyes were on this large muscled man sporting a well-worn Gold's Gym tank top torn, multi-colored shoes, and clown pants. Next morning at 7 A.M. I saw him at Gold's Gym in Venice hogging the dumbbells while leaving the heaviest ones lying all over the floor. Luckily, he left the lighter ones alone which I used to train delts and chest.

DELTS

- Dumbbell upright row
 - 25, 30, and 35 pounds for 20 reps
- Rear delt machine
 - 60 pounds for 12 reps, 70 for 10, 80 for 10
- Machine front press
 - 60 pounds for 15 reps, 85 for 12, 100 for 10, 115 for 7

CHEST

- Incline barbell press
 - 100 pounds for 12 reps, 120 for 10, 140 for 8
- Pec deck
 - 100 pounds for 10 reps, 110 for 10, 120 for 8

Then I drove to World Gym and worked on back and abs from 8:15 to 9:30 A.M.

- Front pulldown
 - 190 pounds for 10 reps, 200 for 10, 210 pounds for 8 reps
- Cable crossover behind neck
 - 40, 50, and 60 pounds for 15 reps
- Two-arm lat stretch
- Low cable row
 - 180 pounds for 10 reps, 190 for 10, 200 for 8
- One-arm dumbbell row
 - 90, 95, and 100 pounds for 10 reps each
- One-arm lat stretch
- Close grip pulldown
 - 150 pounds for 10 reps, 160 for 10, 170 for 8

ABS

- Roman chair situp
 - 100 reps
- Hanging knee up
 - 40, 30, and 30 reps
- Superset
 - Incline leg raise
- Crunches
 - Four sets of 25 each
- Seated twists
 - 100 reps
- Hyperextension
 - 25 reps
- Walking
 - Fast for a quarter mile

June 14

WORKOUT 77

I awoke 6:30 A.M., and had branched chain amino acids with six ounces carrot juice followed by a breakfast of spinach mushroom omelet, four ounces cottage cheese, and eight ounces of coffee sweetened with glycine. At 8:40 A.M. I began a leg workout at World Gym.

- Calf raise on leg press machine
 - 250 pounds for 20 reps, 260 for 18, 270 for 16
- Seated calf raise
 - 16 reps 100, 110, and 120 pounds
- Standing calf raises
 - 16 reps with 220, 240 and 260 pounds

THIGHS

- Leg curl
 - 80 pounds for 12 reps, 90 for 10, 100 for 10
- Lunges
 - 60, 70, and 80 pounds of 10 reps
- Leg extension
 - 160 pounds for 12 reps, 180 for 10, 200 for 8
- Hack squat
 - 40 pounds for 15 reps, 50 for 12, 60 for 10

ABS

- Roman chair situp
 - 200 reps
- Hanging knee up
 - Four sets of 25 reps
- Seated twist
 - 100 reps
- Hyperextension
 - 25 then 15 reps

After which I went home, ate lunch, went to the beach, laid in the sun, body surfed in the waves, and had fun.

June 16

WORKOUT 78

After breakfast on July 14, 1983, I started arm training at 8:30 A.M. at World Gym.

- Superset
 - Alternate dumbbell curl
 - 40, 45, and 50 pounds for 10 reps
 - Dumbbell kickback
 - 30, 35 and 40 pounds for 10 reps
- Superset
 - One-arm dumbbell concentration curl
 - 40, 45, and 50 pounds for 10 reps
 - One-arm dumbbell extension
 - 35, 40, and 45 pounds for 10 reps
- Superset
 - Preacher cable curl
 - 80, 90, and 100 pounds for 10
 - Pressdown
 - 70, 80, and 90 pounds for 10 reps

FOREARMS

- Superset
 - Barbell reverse wrist curl
 - 30, 35, and 40 pounds for 10 reps
 - Barbell wrist curl
 - Three sets using 100 pounds for 15 reps

Because my forearms were so pumped, I had to shake my hands for half a minute.

ABS

- Roman chair situp
 - 150 reps
- Incline leg raise
 - 40, 30, and 30 reps with 20 seconds rest between sets
- Seated twists
 - 100 reps
- Hyperextension
 - 25 and 15 reps

After the workout, ate crab and trout with Christine at our favorite restaurant on Pacific Palisades beach.

June 17

WORKOUT 79

With a posing exhibition only a few days away, I felt the need to work on abs and legs without squatting with heavy weights which blurs thigh definition when done too close to an exhibition. So I did three tri-sets on each body part in a workout lasting about one hour. This is tough, but I builds great definition and endurance.

ABS

- Tri-set
 - Hanging knee ups
 - Three sets of 30 reps
 - Crunches
 - Three sets of 30 reps
 - Seated twist
 - Three sets of 40 reps

THIGHS

- Tri-set
 - Leg extension
 - 170, 180, and 190 pounds for 12 reps
 - Leg curl
 - 80, 90, and 100 pounds for 12 reps
 - Stairclimber
 - Three sets of two minutes apiece

CALVES

- Tri-sets
 - Standing calf raise with Leg Blaster
 - 140 and 160 pounds for 15 reps
 - Seated calf raise
 - 15 reps of 90 and 100 pounds
 - Donkeys
 - Three sets of 20 reps with 215-pound ride

June 22

WORKOUT 80

Riding a bike over 20 miles every other day burns a lot of calories. But in 1977 – declared by my ad in Muscle & Fitness magazine as the “Year of Zane” – I did no formal aerobics because I weight-trained twice a day. For example, on August 16 of that year, my friend Ulf and I did this back-biceps-forearms workout at World Gym:

- Bent over barbell rowing
 - 140 pounds for 12 reps, 160 for 12, and 180 for 10
- One-arm dumbbell row
 - Three sets of 10 reps with 95 pounds
- Pulldown behind neck
 - 190 pounds for three sets of 10 reps
- Front chin
 - Three sets of 10 reps
- Barbell curl
 - 90 pounds for 12 reps, 110 for 10, and 120 for 8
- Alternate dumbbell curl
 - 50 pounds for 10 reps, 55 for 8, 60 for 6
- Low incline dumbbell curl
 - Three sets of 10 reps with 35 pounds
- Preacher curls
 - 70 pounds for three sets of 10 reps
- Reverse barbell curl
 - 90, 100, and 100 pounds for 10 reps
- Barbell wrist curl
 - 90, 100, and 100 pounds for 15 reps

ABS

- Hanging knee-ups
 - Four sets of 25 reps

June 24

WORKOUT 81

That same afternoon August 16 in 1977, I did a thighs-calves-abs workout.

- Leg extension
 - 80 pounds for 16 reps, 90 for 14, 100 for 12 (Joe Gold's unusual machine limited our weights)
- Squats
 - Three sets of 15 reps with 185 pounds
- Hack machine
 - Three sets of 10 reps with 100 pounds
- Leg curl
 - 40 pounds for 18 reps, 50 for 14, 60 for 12 (which was about half of what could be used on my Nautilus leg curl)

CALVES

- Calf raise on leg press machine
 - Four sets of 15 reps with 180 pounds
- Seated calf raises
 - Three sets of 15 reps with 115, 135, and 145 pounds

ABS

- Roman chair situp
 - 100 reps
- Incline knee
 - 40, 30, and 30 reps
- Hyperextension
 - 20 reps

June 26

WORKOUT 82

For an hour and 20 minutes on August 17, 1977, I worked on delts-chest-triceps with my partner Ulf, Mr. Sweden, at World Gym in Santa Monica:

TRAPS

- Dumbbell upright row
 - 15 reps for 40, 45, and 50 pounds
- Dumbbell shrug
 - 80 pounds for 15 reps, 90 for 12, and 100 for 10

DELTS

- Seated dumbbell press
 - 60 pounds for 12 reps, 65 for 10, 70 for 8
- Dumbbell side raises
 - 25 pounds for 12 reps, 30 for 11, 35 for 10

CHEST

- Incline dumbbell flys
 - 65 pounds for 12 reps, 70 for 11, 75 for 10 (that became more like presses on our last sets)
- Decline dumbbell flys
 - 10 reps with 65, 70, and 75 pounds
- Dumbbell pullover
 - 95 pounds for four sets of 10 reps

TRICEPS

- Close grip bench press
 - 10 reps with 170, 180, and 190 pounds
- One-arm dumbbell extension
 - 10 reps with 35, 40, and 45 pounds
- Pressdown
 - 10 reps with 75, 80, and 85 pounds

ABS

- Roman chair situp
 - 150 reps
- Incline knee-ups
 - 40, 30, and 30 reps
- Hyperextensions
 - 20 reps

June 28

WORKOUT 83

On August 31, 1977, I met with Ulf at World Gym to begin our back-biceps-forearms-abs training at 9 A.M.:

BACK

- Barbell rowing
 - 140 pounds for 12 reps, 160 for 10, 180 for 10, and 190 for 10
 - Being careful not to let the bar hit our knees
- Dumbbell rowing one-arm
 - 95, 100, and 105 pounds for 10 reps
- Low cable row
 - 150, 160, and 170 pounds for 10 reps
- Pulldown behind neck
 - 10 reps with 190, 190, and 200 pounds
- Stiff arm pulldown
 - 70 and 80 pounds for 10 reps

BICEPS

- Low incline dumbbell curl
 - 35 pounds for 12 reps, 40 for 10, 45 for 8
- Preacher curl
 - Three sets of 10 reps with 70 pounds
- One-arm dumbbell concentration curl
 - Three sets of eight reps with 40-pounder

FOREARMS

- Superset
 - Barbell reverse curl
 - Three sets of 10 reps with 80 pounds
 - Barbell wrist curl
 - Three sets of 20 reps with 100 pounds

ABS

- Roman chair situp
 - 100 reps
- Incline knee-in
 - 40, 30, and 30 reps

June 30

WORKOUT 84

Later on August 31, 1977, at 3:30 P.M. I was alone in the gym for a thighs-calves-abs workout. Afterwards Christine and I would go see a Rudolph Nureyev ballet at the Greek Theater in Los Angeles.

THIGHS

- Leg extension
 - 70 pounds for 20 reps, 80 for 15, 90 for 10, 100 for 10
 - Could have done over twice this on a Nautilus
- Squats
 - 135 pounds for 15 reps, and 185, 205, and 225 pounds for 10 reps
- Hack machine
 - Three sets of 10 reps for 105 pounds
- One-legged curl
 - Quit after one set because my ankle was bleeding from an Achilles tendon cut

CALVES

- Donkey
 - 220 pounds five sets of 25 to 30 reps
- Seated calf raises
 - 100 pounds for four sets of 15 reps
 - I should have rested longer between sets but I paid no heed to this cowardly advice from calves
- Incline face down calf raise on hack machine
 - 195 pounds for three sets of 15 reps
- Standing raises
 - 240 pounds for two sets of 15 reps

ABS

- Crunches
 - 40, 30, and 30 reps
- Hanging knee ups
 - 30, 25, and 25 reps
- Hyperextension
 - 20 reps

July 2

WORKOUT 85

It was September 1, just one month before the 1977 Mr. Olympia contest. I trained at World Gym with my friend Ulf on delts-chest-triceps workout:

TRAPS

- Dumbbell upright row
 - 40 pounds for 15 reps, 45 for 10, 50 for 10
- Dumbbell press
 - 65 pounds for 12 reps, 70 for 11, 75 for 10
- One dumbbell front raise
 - 50, 55, and 60 pounds for 10 reps
- Dumbbell side raise
 - 25, 30, and 35 pounds for 10 reps

REAR DELTS

- Rear delt face down incline dumbbell raises
 - 30-pounders for three sets of 10 reps
- Bent over cable raises
 - 15 pounds three sets of 10 reps
- Machine front presses
 - 120, 130, and 130 pounds for 10 reps
 - My rear delts hurt so much had to rub them with liniment

CHEST

- Bench press
 - 135 pounds for 15 reps, 185 for 12, 225 for 10
- Incline dumbbell presses
 - 70 pounds for 10 reps, 75 for 10, 80 for 9
- Decline flies
 - Three sets of 10 reps with 50-pound dumbbells
- Dumbbell pullover
 - Three sets at 85 pounds for 10 reps
- Cable crossover
 - Three sets of 10 reps with 35 pounds

TRICEPS

- Close grip bench press
 - 135 pounds for 10, eight, and seven reps (with only 45 seconds rest between sets)
- Pressdown
 - 80 pounds for three sets 10 reps
- EZ bar overhead extension
 - Three sets of eight reps with 85 pounds
- Dumbbell kickback
 - Three sets of 10 reps with 30 pounds

ABS

- Roman chair
 - 100 reps
- Incline knee –in
 - 40, 30, and 30 reps
- Crunches
 - Two sets of 40
- Hyperextension
 - 20 reps

July 4

WORKOUT 86

On September 9, 1977, I met my partner at World Gym at nine in the morning to begin what I recorded in my journal as the best back-biceps-forearms training, yet.

- Front pulldown
 - 10 reps with 170, 180, and 190 pounds
- Bent over barbell rowing
 - 10 reps with 130, 150, and 170 pounds
- One-arm dumbbell row
 - 10 reps with 90, 100, and 110 pounds
- Low cable row
 - 160 pounds for 10 reps, 170 for 9, 180 for 8
- Pulldown behind neck
 - 10 reps with 180, 190, and 200 pounds
- Stiff arm pulldown
 - Three sets of 10 reps using 80 pounds

BICEPS

- Dumbbell concentration curl
 - 35 pounds for 10 reps, 40 for eight, 45 for eight
- Curled dumbbells on low incline
 - 10 reps with 30, 35, and 40 pounds
- Preacher cable curl
 - 90 pounds for three sets of 10 reps
- Alternate dumbbell curls
 - 50 pounds for three sets of eight reps

FOREARMS

- Barbell reverse curl
 - Three sets of 10 reps with 70 pounds
- Wrist curl
 - Three sets of 15 reps with 100-pound barbell

ABS

- Roman chair situp
 - 200 reps
- Seated twist
 - 100 reps
- Crunches
 - 100 nonstop reps

July 5

WORKOUT 87

September 12 in 1977, I trained thighs and calves in the following way.

THIGHS

- Leg extension (on Joe Gold's hard leg extension machine)
 - 60 pounds for 20 reps, 70 for 15, 80 for 12, 09 for 10
- One leg extension
 - 40 pounds for 15 reps (I hated this machine because it sometimes hurt my knees)
- Squat (wrapping my knees between sets)
 - 135, 185, 225, 245, and 265 pounds for 10 reps
- Leg press
 - 190, 210, and 230 pounds for 12 reps
- Leg curl
 - 50 pounds for 15 reps, 60 for 12, 70 for 10

CALVES

- Standing calf machine
 - 15 reps with 200, 240, and 260 pounds
- Seated calf raise
 - 100, 110, and 120 pounds for 15 reps
- Donkey calf raises
 - Three sets of 18 to 20 reps (because I paused at the top of each rep, my calves felt numb afterwards)

July 7

WORKOUT 88

Feeling very tired on September 13, 1977, I forced myself to train from 9:10 to 10:45 A.M. on chest-triceps-abs. Later that afternoon after a good rest, I returned for delts. I remember being tired and my calves feeling really sore as I went home that day.

CHEST

- Incline dumbbell press
 - 60, 70, and 80 pounds for 10 reps
- Bench press
 - 135, 185, 225, and 235 pounds for 10 reps
- Decline dumbbell flys
 - 50, 55, 60 pounds for 10 reps
- Dumbbell pullover
 - 80, 90, and 100 pounds for 10 reps
- Cable crossover
 - Three sets of 25 pounds for 12 reps

TRICEPS

- Close grip bench press on the Smith machine
 - 135, 140, and 145 pounds for 10 reps
- Pressdown
 - 80, 85, and 90 pounds for 10 reps
- Lying triceps extension
 - 80, 90, and 100 pounds for 10 reps
- One-arm dumbbell extension
 - 35, 40, and 45 for 8 to 10 reps

ABS

- Roman chair situp
 - 200 reps
- Seated twist
 - 100 reps

For a break, I went home, at took a nap, returned to the gym

CALVES

- Incline hack machine face down calf raises
 - Five sets of 20 reps

DELTS

- Dumbbell upright row
 - 45 pounds for four sets 10 reps
- Dumbbell press
 - 10 reps with 60, 70, and 75 pounds
- Two dumbbell front raises
 - 10 reps with 30, 35, and 40 pounds
- Seated side dumbbell raises
 - Three sets of 10 reps with 25 pounds
- Seated dumbbell rear delt raises
 - Three sets of 12 reps with 25 pounds
- Rear cable raises
 - Three sets of 10 reps with 20 pounds

ABS

- Superset
 - Incline knee-in
 - Crunches
 - Both for 40, 30, and 30 reps
- Hyperextension
 - 20 reps

July 10

WORKOUT 89

Over 20 years ago here's the back-chest-triceps workout I did on a Friday, July 23, 1976, in preparation for the Mr. Olympia contest:

BACK

- Bent over barbell row
 - 100, 120 140, 150, and 160 pounds of 10 reps each
- One-arm dumbbell row
 - 80, 90, 95, and 100 pounds for 10 reps
- Front pulldown
 - 170, 180, 190 and 200 pounds for 10 reps

CHEST (Dave Draper joining me for this tri-set)

- Tri-set
 - Dumbbell flys
 - 35, 60, 65 pounds for 10 reps
 - Cable flys
 - 30, 35, and 40 pounds for three sets of 10 reps
 - Dumbbell pullover
 - 85 pounds for three sets of 10 reps
- 45 degree incline press on Smith machine
 - 165, 185, and 195 pounds for 10 reps

TRICEPS

- Close grip bench press
 - 135, 165 and 175 pounds for 10 reps (hands one foot apart)
- Lying triceps extension
 - 85 pounds for 12 reps, 95 for 12, 105 for 8
- One-arm dumbbell extension
 - 35, 40, and 45 pounds for 10 reps
- Pressdown
 - Four sets with 80 pounds
- Reverse dips
 - Four sets of 10 reps with no weight

ABS

- Roman chair situps
 - 300 reps
- Incline knee in
 - Two sets of 50 reps
- Crunches
 - 100 reps straight out
- Hyperextension for spinal erectors
 - 25 reps with 35 pounds
- Hung upside down with gravity boots (and rowing)
 - 35 pounds for 10 reps

Ran a mile in a lot by the gym

July 11

WORKOUT 90

The morning of July 24 in 1976 I trained calves-thighs-abs at Gold's Gym:

- Leg press
 - 150 pounds for 20 reps, 170 for 16, 190 for 12
- Squatted
 - 10 reps with 135, 185, 225, and 245 pounds
- Leg curl
 - 10 reps with 60, 70, 80, and 90 pounds
- Leg extension
 - 140 pounds for 12 reps, 160 for 10, 180 for 10, 200 for 10

CALVES

- Donkey calf raises
 - Six sets of 25 reps with 30 seconds rest between sets
 - The 250-pound gym manager obligingly sat on my back, having big calves himself he understood the need for a heavy rider
- One-leg calf raise
 - Four nonstop sets of 15 reps with no weight
- Seated calf machine
 - Three sets of 15 reps

ABS

- Roman chair situp
 - 300 reps
- Superset
 - Leg raises
 - Two sets of 40 reps
 - Crunches
 - Two sets of 60 reps
- Hyperextensions
 - with 10-pound plate for 20 reps

Hung upside down five minutes holding a 50-pound weight doing 15 reps of rowing with it in this position; then let it drop to the floor and continued to hang for spinal traction.

July 13

WORKOUT 91

The cat woke me up early the next day in 1976. I ate a baked potato, slice of avocado, two eggs the Rheo way, sipped a few ounces of a protein drink, and got to the gym by 6:20 A.M.. The only one there before me was the Chief who said "you're late." After the following delts-biceps-forearms workout, I ran a mile so as not to feel guilty about skipping abs since my delts and elbows were sore and throbbing with pain; later I went to see Dr. Hexberg, my chiropractor. After he adjusted my neck and back, the pain was no longer a factor.

DELTS

- Dumbbell press
 - 10 reps with 50, 60, and 70 pounds
- Dumbbell seated upright row
 - Three sets of 10 reps with 50 pounds
- Overhead press machine
 - 135 pounds for 10 reps, 145 for 10, 160 for 8
- One dumbbell front raise
 - 40, 45, and 50 pounds for 10 reps
- Dumbbell bent over rear delt raise
 - 20 pounds for 15 reps, 25 for 12, 30 for 10

Despite a pain in right rear delt and elbow, I didn't slow down

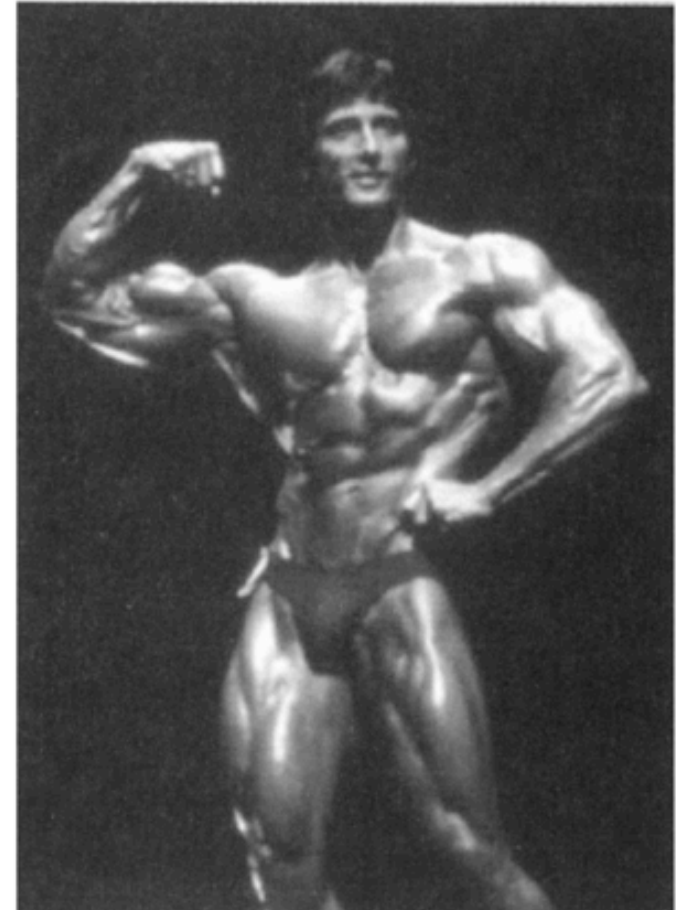
BICEPS

- Alternate dumbbell curl
 - With 35, 40, 45, and 50 pounders for 8 to 12 reps
- One-arm dumbbell concentration curl
 - 35, 40, 45, and 50 pounds between eight to 12 reps
- Preacher bench curl
 - Two sets of 12 reps with 50 pound barbell

A dull pain in my elbows began hurting like hell

FOREARMS

- Superset
 - Wrist curl with barbell
 - Four sets of 20 reps with 75 pounds
 - Reverse curl with barbell
 - Four sets of 10 reps with 65 pounds



July 15

WORKOUT 92

Woke up 5 A.M. on August 13, 1975, remember a fragment from a dream about going up in an elevator. It's too crowded so I get out and take the next elevator by myself get to the top on my own. I eat breakfast and by 7 A.M., an hour later, I'm in the gym to work back-chest-triceps-abs. That night I had a dream which said keep on track, and in which I saw Franco Columbu walking around shirt off with a thick back.

BACK

- Bent over row
 - 100, 120, 140, and 160 pounds for 10 reps
- T bar row
 - 100, 110, 120, and 130 pounds for 10 reps
- One-arm dumbbell row
 - 85, 100, and 110 pounds for 10 reps
- Close grip pulldown
 - Three sets of 10 reps with 130 pounds
- Front pulldown
 - 180, 190, and 200 pounds for 8 reps
- Dumbbell pullover
 - 80, 90, and 100 pounds for 10 reps

CHEST

- Dumbbell fly
 - 55, 60, and 65 pounds for 10 reps
- Close grip bench press
 - 135 pounds for 12 reps, 185 for 10, 225 for 6

TRICEPS

- One-arm dumbbell extension
 - 35, 40, and 45 pounds for 8 reps
- Reverse dips
 - 15, 12, and 10 reps with 45-pound plate and only 30 seconds rest between sets
- Two-arm cable extension
 - Three sets of 10 reps at 85 pounds

ABS

- Roman chair situps
 - 100 reps
- Hanging knee-ups
 - Four sets of 25 reps
- Hyperextension
 - With hands behind head, no weight for 30 reps

July 16

WORKOUT 93

August 21, 1976 began leg workout.

- Leg press
 - 15 reps with 150, 175, and 200 pounds
- Squatted
 - 145, 165, 185, 205, and 235 pounds for 10 reps
- Leg curl
 - Three sets of 10 reps with 80 pounds
- Leg extension
 - Three sets of 10 reps with 180 pounds
- Donkey calf raise
 - With Dave Draper on my back
 - Six sets of 25 reps
- Leg press calf raise
 - Four sets of 15 to 20 reps
 - Stopped adding weight after 300 pounds
- Hanging knee up
 - Four sets of 30 reps with five-pound ankle weights on feet
- Hyperextension
 - 30 reps with no weight

July 18

WORKOUT 94

On August 23, 1976, I was in the gym by 6:50 A.M. to work on delts-biceps-forearms

DELTS

- Dumbbell seated upright row
 - 12 reps with 45, 50, and 55 pounds
- Rear delt cable raise
 - Four sets with 20 pounds 10 reps
- Dumbbell press
 - 70 pounds for 10 reps, 80 for 10, 90 for 9
- Machine press
 - 145, 160, and 175 pounds for 8 reps
- Dumbbell side raise
 - 25, 30, and 35 pounds for 10 reps
- One dumbbell front raise
 - 50, 55, and 60 pounds
- Side cable raises
 - Three nonstop sets with 15 pounds for 10 reps
- Wide grip front chin-ups
 - Five sets of 10 reps

BICEPS

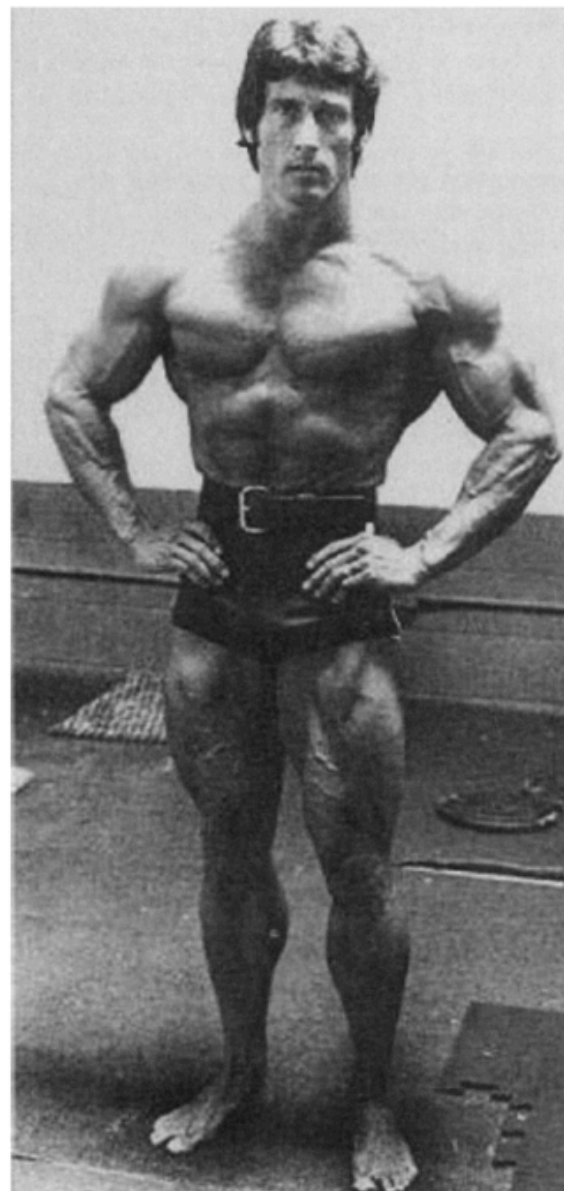
- Alternate dumbbell curl
 - 40 pounds for 10 reps, 45 for 9, 50 for 8
- Incline dumbbell curl
 - Three sets with 40 pounds for 8 reps
- Dumbbell triceps kickback
 - Three sets with 30 pounds for 10 reps
- Dumbbell concentration curl
 - 35, 40, and 45 pounds for 8 reps
- Preacher bench curl
 - Three sets of 10 reps with 70 pounds

FOREARMS

- Reverse barbell curl
 - Three sets of 10 reps with 85 pounds
- Wrist curl
 - 85 pounds for three sets of 20 reps

I then drove up 4th Street to the 160 steps that climbed the side of Santa Monica canyon to the top. The first time ran them in 35 seconds and second time 45 seconds. Exhausted I laid down at the top looking at the ocean then drove back to the gym where I worked on abs:

- Roman chair situps
 - For 10 minutes
 - While talking to Ken Waller at 237 pounds looking pretty muscular but I wondered what his abs looked like that day
- Hanging knee-ups
 - With ankle weights, four sets for 25 reps
 - While talking to Danny Padilla, another competitor, we were all friends in those days anyway



July 20

WORKOUT 95

At noon on August 21 in 1978, I trained chest-lats-triceps-delts.

CHEST

- Bench press
 - 135 pounds for 15 reps, 185 for 10, 225 for 10, 245 for 6
- 30-degree incline dumbbell press
 - 80 pounds for 10 reps, 85 for 9, 90 for 8
- Decline fly
 - Three sets of 10 reps with 55 pounds
- Pullover across flat bench with dumbbell
 - Three sets of 10 reps with 90 pounds

LATS

- One-arm dumbbell rowing
 - 85 pounds for three sets of 10
- Wide grip front chin
 - Three sets of 10 reps

TRICEPS

- Pressdown
 - 80 pounds for 10 reps, 90 for 8, 100 for 7
- Lying triceps extension
 - 80 pounds for 10 reps, 90 for 8, 95 pounds for 7
- One-arm dumbbell extension
 - 35 pounds for 10 reps, 40 for 8, 45 for 6
- Close grip bench press
 - On the Smith machine
 - Three sets of eight reps with 185 pounds
- Dumbbell kickbacks
 - Three sets of 10 reps with 30 pounders

I went home and returned to the gym at 4 P.M.,

DELTS

- Dumbbell press
 - 10 reps with 60, 65, and 70 pounds
- Seated dumbbell upright row
 - 10 reps with 45, 50, and 55 pounds
- Bent over dumbbell rear delt raises
 - 30 pounds for three sets of 10 reps

ABS

- Superset
 - Hanging knee-ups
- Roman chair situps
 - Both four sets of 25 reps

July 22

WORKOUT 96

At noon on August 22, 1978, I begin this great back-biceps-forearms workout:

- Front pulldown
 - 180, 190, 200, and 210 pounds for 10 reps
- Barbell bent over row
 - 100, 105, and 110 pounds for 10 reps
- Pulldown behind neck
 - 180, 200, 210, and 220 pounds for 10 reps
 - I used weight lifting straps so weight wouldn't slip
- Barbell row
 - 60, 70, and 80 pounds for 10 reps
- Hanging upside down
- Stiff arm pulldown
 - 80 pounds three sets of 10 reps

BICEPS

- Alternate dumbbell curls
 - 40 pounds for 10 reps, 45 for 10, 50 for 9
- Barbell curl
 - 100, 110, and 120 pounds for 8 to 10 reps
- Dumbbell incline curl
 - 40, 45, and 50 pounds for eight to 10 reps
- Preacher cable curl
 - 80, 90, and 100 pounds for 10 reps
- One-arm concentration curl
 - 30, 35, and 40 pounds for 10 reps

FOREARMS

- Barbell reverse curl
 - 80 pounds for four sets of 10 reps
- Barbell wrist curl
 - Four sets of 15 reps with 100-pound Olympic bar

July 23

WORKOUT 97

That same day of August 22, 1978, I was back in the gym at 6 P.M. to work on thighs:

- Leg press
 - 150, 175, 200, and 225 pounds for 15 reps
- Leg extension
 - 10 reps with 160, 180, and 190 pounds
- Leg curl
 - 10 reps with 70, 80, and 90 pounds
- Standing one-leg curl
 - Three sets of 10 with 35 pounds

CALVES

- Donkeys
 - With a 210-pound rider and holding a 50-pound plate
 - Five sets of 15 to 20 reps
- Leg press calf raise
 - Four sets of 15 reps with 175 pounds
- Superset
 - Hanging knee-up
 - Crunches
 - Both for five sets of 25 reps

July 24

- 100 reps

I walked down to the beach and ran along the shoreline barefoot in the wet sand for 10 minutes

WORKOUT 98

On August 23, 1978, I began my morning with a chest-triceps workout.

- Bench press
 - 135 pounds for 15 reps, 185 for 10, 225 for 10, 245 for 9, 265 for 6
- 45-degree incline dumbbell press
 - 80 pounds for 10, 90 pounds for 8, 100 pounds for 6
- Decline fly
 - 55 pound dumbbells, three sets of 10
- 100 pound dumbbell pullover
 - Three sets of 10 again
- Close grip bench press
 - Three sets of 10 reps with 185 pounds
- One-arm dumbbell extension
 - 35 pounds for 10 reps, 40 for 8, 45 for 7
- Pressdown
 - Three sets of 10 reps with 85 pounds
- Dumbbell kickback
 - 30 pounds for three sets of 12 reps

I went home and ate a high-protein lunch and laid in the sun. Returned to the gym at 4 P.M. to work on delts and abs.

- Dumbbell press
 - 60, 65, and 70 pounds for 10 reps
- One dumbbell front raise
 - 60, 65, and 70 pounds for 10 reps
- Seated dumbbell upright row
 - 45 pounds for 12 reps, 50 for 10, 55 for 9
- Dumbbell side raise
 - Four sets of 10 reps with only 20 seconds between sets
 - Doing a pyramid which means working up, then down in weight with 30, 35, 35, and 30 pounds
- Bent over rear delt raises
 - Three sets with 30 pounds for 10 reps
- One-arm cable row
 - Three sets of 10 reps with 100 pounds

ABS

- Superset
 - Hanging knee-up
 - Roman chair situp
 - Both four sets of 25 reps
- Hyperextension
 - 25 reps
- Seated twists

July 26

WORKOUT 99

My second attempt to win the Mr. Olympia competition for a fourth time made me pursue a course of training which forced my body weight up to 209 pounds. I ate a lot of red meat and drank red wine because I've been told all my life "you need to get bigger." Though I took lots of time to build up my weight and trained five months for this contest, I came in second because I was too heavy. I competed almost injury free, but if I had to do it again, I'd be five pounds lighter. Picking up my training from July 5, 1982 for back-biceps-forearms, here's what I did from 2 to 5 P.M. at World Gym:

BACK

- Dumbbell upright row
 - 45 pounds for 12 reps, 50 for 12, 55 for 11, 60 for 10
- Low cable row
 - 180, 200, 210, and 220 pounds for 10 reps
- T bar row
 - 115, 135, and 145 pounds for 10 reps
- One-arm dumbbell row
 - 110, 115, and 120 pounds for 10 reps
- Front pulldown
 - 210 pounds for 10 reps, 220 for 9, 230 for eight, 240 for 8
- Close grip pulldown
 - 160 pounds for 10 reps, 170 for 9, 180 for 10
- Hyperextension
 - Holding a 25-pound plate for 20 reps

BICEPS

- Preacher cable curl
 - 90 pounds for 10 reps, 100 for 8, 110 for 7
- Alternate dumbbell curl
 - 40 pounds for 10 reps, 45 for 9, 50 for 8, 55 for 7
- Low incline dumbbell curl
 - 30 pounds for 10 reps, 35 for 9, 40 for 8

FOREARMS

- Barbell reverse curl
 - Three sets of 10 reps with 90 pounds
- Wrist curl
 - Three sets of 20 reps with 100 pounds

ABS

- Roman chair situps
 - 200 reps
- Hanging knee-ups
 - Four sets of 25 reps
- Seated twists
 - 100 reps

Later I walked two mile, then ate supper.

July 27

WORKOUT 100

Began working calves the next day:

- One-legged raise
 - Each leg, holding a 25-pound weight, three sets of 15 reps
- Seated calf raise machine
 - Three sets with 110 pounds for 15 reps
- Donkey calf raise
 - Three sets with 220 pounds for 18 reps

THIGHS

- Leg curl
 - 90 pounds for 12 reps, 95 for 11, 100 for 10
- Lunges
 - 10 reps at 60, 70, and 80 pounds
- Leg extension
 - 10 reps at 140, 160, and 180 pounds
- Front squat
 - 10 reps at 100, 110, and 120 pounds

ABS

- Superset
 - Incline leg raise
 - Four sets of 30 reps
 - Crunches
 - Holding 10 pounds, four sets of 30 reps
- One-arm cable crunch
 - Two sets of 25 reps for each arm with 70 pounds

I ended the workout with a 14-minute walk outside

July 28

WORKOUT 101

- Hanging knee-ups
- Seated twist
- Both for two sets of 50 reps
- Hyperextension
 - 20, 15, and 15 reps with 25 pounds

On July 7 in 1982 I trained chest-triceps-delts at the World Gym from 7 to 8:30 A.M..

- 75-degree incline dumbbell front press
 - 50 pounds for 12 reps, 60 for 11, 70 for 10 reps
- 30-degree incline press on Smith machine
 - 155 pounds for 10 reps, 175 for 9, 195 for 8

LOWER PECS

- Dumbbell fly
 - 45, 50, and 55 pounds for 10 reps
- Dumbbell pullover
 - 70, 80, and 90 pounds for 10 reps

TRICEPS

- Close grip bench press
 - 135 pounds for 10 reps, 155 for 8, 175 for 6
- One-arm dumbbell extension
 - 35 pounds for 10 reps, 40 for 8, 45 for 7
- Pressdown
 - 80 pounds for 10 reps, 85 for 9, 90 for 8
- Dumbbell kickback
 - 30 pounds for 12 reps, 35 for 11, 40 for 10

DELTS

- Press behind neck on the Smith machine
 - 75, 80, and 90 pounds for 10 reps
- Bent over dumbbell rear delt raises
 - Three sets of 10 reps with 30 pounds
- Dumbbell side raises
 - 25, 30, and 35 pounds for 10 reps
- One-arm side cable raises
 - 20 pounds three sets of 10 reps each arm nonstop

I went home, ran for 10 minutes in the park, relaxed, ate, took a nap, awoke, had some black coffee, then returned to the gym at 3 P.M. where I did abs:

- Superset
 - Roman chair situp
 - Five sets of 30 reps
 - Leg raises
 - Five sets of 30 reps
- Superset

July 30

WORKOUT 102

When doing this back-biceps-forearms workout of mine from July 1982, keep in mind that the weights are relative – don't try to use the same weights, sets, and reps as I did. I just want to show the training I did over the years to get into top shape:

BACK

- Two-arm lat stretch
- Low cable row
 - 160, 180, 200, and 220 pounds for 10 reps
- T bar row (leverage row)
 - With 125 pounds for 10 reps, 150 for 9, 160 for 8
- One-arm dumbbell row
 - 115 pounds for 10 reps, 120 for 10, 125 for 8
- Dumbbell upright row
 - 45 pounds for 12 reps, 50 for 11, 55 for 10
- Front pulldown
 - 200, 210, 220, 230, and 240 pounds for 10 reps
- Close grip pulldown
 - 170, 180, 190, and 200 pounds for 10 reps

BICEPS

- Preacher cable curl
 - 60 and 70 pounds for 10 reps, and 80 for 8
- Alternate dumbbell curl
 - 45 pounds for 10 reps, 50 for 9, 55 for 8, 60 for 6
- Incline dumbbell curl
 - 35 and 40 pounds for 10 reps, 45 for eight
- One-arm dumbbell concentration curl
 - 45 pounds for 8 reps, 50 for 7, 55 for 6

I drove home, ran for 10 minutes, ate, relaxed, recuperated a little, and was back in the gym by 3:30 P.M..

FOREARMS

- Barbell reverse curl
 - 80, 90, and 100 pounds for 10 reps
- Barbell wrist curl
 - 80, 90, and 100 pounds for 15 reps

ABS

- Superset
 - Hanging knee-ups
 - Crunches
 - Both three sets of 40 reps
- Superset
 - Roman chair situp
 - Incline leg raise
 - Both four sets of 25 reps
- Seated twist
 - 100 reps
- Hyperextension
 - Two sets of 15 reps

July 31

WORKOUT 103

The next day I drove to Palm Springs. It was 112 degree outside, so I stayed inside with the air conditioning and began calves and abs training at 5:15 P.M. at my Zane Haven gym.

- Calf raise drop sets with the Leg Blaster
 - 180 pounds for 20 reps, drop to 140 for 12, stretch and rest three minutes
 - 200 pounds for 16 reps, drop to 160 for 12, rest and stretch again
 - 220 pounds for 15 reps, drop to 180 for 10, rest a little longer
- Seated calf raise
 - 120, 110, and 100 pounds for 12 reps each, resting only 30 seconds between sets
- Leg curl
 - Three sets of 12 reps with 90 pounds
- Leg extension
 - Three sets of 15 reps with 150 pounds

ABS

- Crunches
 - 50 reps
 - Holding a three-pound dumbbell on my chest
- Incline leg raise
 - 50 reps
- Seated twist
 - 100 reps
- Hyperextensions
 - 25 reps

When I went outside, it seemed like a sauna, so I dove into my pool and swam.

August 2

WORKOUT 104

- Incline leg raise
- Crunches
- Both five pounds for 30 reps
- One-arm 85-pound cable crunch
- Four sets of 25

Next day I did a chest-triceps delts workout. Afterwards at 9 P.M., I ran and walked a mile.

CHEST

- 75-degree incline dumbbell press
 - 55 pounds for 15 reps, 65 for 12, 75 for 10
- 30-degree incline barbell press
 - 140 pounds for 10 reps, 170 for 9, 190 for 8 with slow negatives
- Dumbbell fly
 - 50 pounds for 10 reps, 55 for 10, 60 for 10
- Dumbbell pullover
 - 75 pounds for 12 reps, 85 for 11, 95 for 10

TRICEPS

- Close grip bench press
 - 140 pounds for 10 reps, 170 for 8, 190 for 6
- One-arm dumbbell extension
 - 35 pounds for 12 reps, 45 for 10, 50 for 8
- Pressdown
 - Three sets of 10 reps with 80 pounds
- Kickback
 - 30 pounds for 12 reps, 35 for 11, 40 for 10

I rested, ate, and lay out in the sun before returning to my workout at 4:45 P.M.

DELTS

- Press behind neck
 - 90 pounds for 11 reps, 100 for 10, 110 for 9
- Dumbbell side raise
 - 30, 35, and 40 pounds for 10 reps
- Bent over dumbbell rear delt raises
 - 25, 30, and 35 pounds for 10 reps
- Rear delt cable raises
 - Three sets of 10 reps with 20 pounds
- One-arm side cable raise
 - Three sets of 10 reps with 30 pounds nonstop and alternating arms

ABS

- Pulley knee-in
 - 45 pounds for four sets of 25 reps
- Superset

August 4

WORKOUT 105

At 6:30 A.M. on July 13 in 1982 I ran 12 minutes before it got hot and ate a breakfast of three soft boiled eggs and a small yam, sunbathed, then trained back-biceps-abs in my gym:

- Hyperextension
 - 10 pounds for 15 reps, 25 for 10
- Top deadlift
 - That is deadlift from the knees up on my power rack after rubbing oil on my thighs to make the bar slide up easily
 - I used weight lifting straps with a grip that is slightly wider than the normal shoulder width
- 235 pounds for 12 reps, 325 for 11, 415 for 10, 485 for 8
- Low cable row
 - 180, 200, and 210 pounds for 10 reps, 220 for 8
- One-arm dumbbell row
 - 115 pounds for 10 reps, 120 for 9, 125 for 8
- Dumbbell upright row
 - 50, 55, and 60 pounds for 10 reps
- Pulldown behind neck
 - 190, 200, and 210 pounds for 10 reps

I then took a three-minute break.

- Superset
 - Front chin
 - Three sets of 10 reps each
 - Sideways swings
 - 10 reps
 - Close grip pulldown
 - 160 and 170 pounds for 10 reps, 180 pounds for 8
 - Dumbbell row
 - Hanging by my feet upside down
 - 20 pounds for 15 reps, 30 for 12

BICEPS

- Preacher cable curl
 - 65 pounds for 10 reps, 70 for 9, 80 for 8
- Dumbbell concentration curl
 - Three sets of 6 reps at 40 pounds with only 20 seconds rest between sets
- Alternate dumbbell curl
 - 45 pounds for 9 reps, 50 for 8, 55 for 7

FOREARMS

- Superset
 - Reverse curl

- 90 and 100 pounds for 10 reps
- Wrist curl with barbell
- 70 pounds for 12 reps, 80 for 10

ABS

- Pulley knee-in
 - Four sets of 25 reps at 50 pounds
- Superset
 - Incline knee-in
 - Crunches
 - Both five sets of 30 reps
- One-arm cable crunches
 - Two sets of 25 reps at 80 pounds with each arm

August 5

WORKOUT 106

Next day ran again for 12 minutes in the already hot morning. After breakfast I laid an hour in the sun, before beginning my calves-thighs-abs workout with some calf stretching.

- Standing calf raise drop sets
 - 240 pounds for 20 reps, drop to 180 for 15
 - Rest three minutes
 - 260 for 15, drop to 200 for 15
 - Rest three minutes
 - 280 for 15, drop to 220 for 10
- Seated calf raise
 - 100, 110, 115, and 120 pounds for 12 reps
- One-legged calf raise
 - Three sets of 15 reps holding a 35-pound dumbbell

THIGHS

- Leg Curl
 - 80 pounds for 12 reps, 90 for 11, 100 for 10
- Lunges
 - 10 reps with 60, 70, and 80 pounds
- Leg extension
 - 160 pounds for 11 reps, 180 for 10, 200 for 9
- Front squat
 - 100, 110, and 120 pounds for 10 reps

ABS

- Superset
 - Incline leg raise
- Five sets of 30 reps
 - Crunches
- Five sets of 40 reps

OBLIQUES

- One-arm cable crunches
 - Two sets of 25 reps each arm with 85 pounds, followed by two sets of 25 reps with 95 pounds each arm
- Hyperextension
 - 10 pounds for 15, 15, and 10 reps

August 7

WORKOUT 107

July 15th 7 to 8:15 A.M. I began my chest-triceps workout at my Zane Haven gym starting with:

- 75-degree incline dumbbell press
 - 60 pounds for 12 reps, 65 for 11, 70 for 10
- 30-degree incline barbell press
 - 140 pounds for 10 reps, 170 for 9, 20 for 8, 210 pounds for 6
- Dumbbell flys
 - 45 pounds for 12 reps, 50 for 11, 55 for 10
- Dumbbell pullover
 - 80, 90, and 100 pounds for 10 reps

TRICEPS

- Close grip barbell bench press
 - 140 and 170 pounds for 10 reps, 190 for 8
- One-arm dumbbell extension
 - 40 pounds for 10, 45 for 9, 50 for 8
- Pressdown
 - 85 pounds for 3 sets of 10 reps
- Dumbbell kickbacks
 - 30, 35, and 40 pounds for 10 reps

Then I drove to Santa Monica and was in the gym by 4:15 to work on deltoids and abs:

- Press behind neck on the Smith machine
 - 75, 95, and 115 pounds for 10 reps
- Bent over rear delt raises with dumbbells
 - 25, 30, and 35 pounds for 10 reps
- Dumbbell side raises
 - 35, 40, and 45 pounds for 10 reps
- One dumbbell front raise
 - 65, 70, and 75 pounds for 10 reps
- One-arm dumbbell side raises
 - 20, 25, and 30 pounds for 10 reps
- One-arm side cable raises
 - Three nonstop sets with 20 pounds alternating each arm
- Superset
 - Hanging knee-up
 - Roman chair situp
 - Both four sets of 30 reps
- Superset
 - Leg raise
 - Crunches
 - Both five sets of 30 reps

- One-arm cable crunch
 - 35 pounds for two sets of 25 reps with each arm
- Hyperextension
 - 20 reps, then 10 pounds for 15 reps

August 9

WORKOUT 108

I preceded my back-biceps-forearms workout on October 28 in 1982 at 6:40 A.M. with an hour bike ride. After finishing at 11:30 A.M, I ate lunch, then went out by the pool to get two hours of sun to deepen my tan for London. A refreshing breeze blew through the palm trees making the 90 degrees actually feel cool.

BACK

- Top deadlift
 - 235 pounds for 15 reps, 325 for 12, then 415, 485, and 535 for 10
- Low cable row
 - 180, 200, and 210 pounds for 10 reps, 220 for 8
- One-arm dumbbell row
 - 105 pounds for 12 reps, 115 for 11, 125 for 10
- Front chin and sideways swing
 - Three sets of 10 reps
- Close grip pulldown
 - 150 pounds three sets of 10 reps
- Pulldown behind neck
 - 180 pounds for 15 reps, 190 for 12, 200 for 10
- One-arm cable row
 - 100 pounds for 16 reps, 110 for 15, 120 for 12

BICEPS/FOREARMS

- Preacher cable curl
 - 100 pounds for 15 reps, 110 for 12, 120 for 10

UPPER OUTER BICEPS

- Low incline dumbbell curl
 - 30 pounds for 12 reps, 35 for 10, 40 for 9, 45 for 8

TOP OF FOREARMS AND LOWER BICEPS

- Superset
 - EZ bar reverse preacher curl
 - 70 pounds for 10 reps, 80 for 10, 90 for 8
 - Barbell wrist curl
 - Three sets of 90 pounds for 12 reps

ABS

- Pulley knee
 - 60 pounds around my ankles for five sets of 20 reps
- Superset
 - Hanging leg raise
 - Crunches
 - Both four pounds for 25 reps
- One-arm cable crunch
 - 100 pounds two sets of 25 with each arm
- Seated twist
 - 100 reps
- Hyperextension
 - Three sets of 15 reps

August 10

WORKOUT 109

On November 4 in 1982, I started my leg workout at 7:45 A.M.. In those days before the Leg Blaster, I worked on my thighs by doing a full squat with a barbell on my upper back. I remember I had to grip the seven-foot Olympic bar all the way out on the side collars, which not only pumped up my thighs but worked on my biceps, neck, and shoulders.

CALVES

- One leg calf raises
 - With 40-pound dumbbell in one hand while holding on for balance with the other
 - Three sets of 15 reps each leg
- Donkeys
 - With a 200-pound rider
 - Four sets of 25 reps
- Seated calf raise
 - 100 pounds for 20 reps, 110 for 18, 120 for 16

THIGHS

- Squats
 - First set with 165-pounds for 20 reps followed by laying on the floor five minutes
 - Second set with 215 pounds for 20 reps, again another floored performance
 - Third set with 255 pounds for 20 reps, and another five minutes on the floor
- Leg curl
 - 90 pounds for 12 reps, 100 for 11, 110 for 10
- One-leg curl
 - 50 pounds for three sets of 10 reps
- Leg extension
 - 180 pounds for 15 reps, 200 for 13, 220 for 10
- One-leg top extension
 - 60 pounds 12, 10, and 8 reps with each leg

After finishing at 10 A.M., at lunch, went out by my pool and got two hours of sun. Then at 4 P.M. I rode my bike 50 minutes and at 6 P.M. did 20 minutes of ab stimulation on my electric impulse machine followed by regular ab work;

- Superset
 - Incline leg raise
 - Crunches
 - Both five sets of 30 reps
- Superset
 - One-arm cable crunch
 - 100 pounds for two sets of 25 reps each arm
 - Seated twist
 - Two sets of 50 reps
- Hyperextension
 - 15 pounds for three sets of 15 reps

That night at 8 P.M. I used my electric machine on my lower back for 20 minutes at low current threshold for healing and improving circulation, then lay on an ice pack for 20 minutes numbing the pain in my rear delts and traps.

August 11

WORKOUT 110

My last chest-shoulder-triceps workout before the 1982 Mr. Olympia came on November 5 from 3:45 to 6 P.M. after sunning two hours.

- 75-degree incline dumbbell press
 - 65 pounds for 12 reps, 70 for 10, 75 for 9, 80 for 8
- 25-degree incline barbell press
 - 190 pounds for 10 reps, 210 for 8, 230 for 6
- Bench press
 - 210 pounds for 10 reps, 230 for 8, 250 for 5, 270 for 2, all with very slow negatives of up to 10 seconds
- One-dumbbell front raise
 - 70 pounds for 12 reps, 75 for 11, 80 for 10
- Dumbbell flies
 - 50 pounds for 15 reps, 60 for 12, 70 for 8
- Dumbbell pullover lying across the bench
 - 95 pounds for 12 reps, 105 for 12, 115 for 10
- One-arm dumbbell extension
 - 35 pounds for 10 reps, 40 for 10, 45 for 8, 50 for 6
- Pressdown
 - 90 pounds for 3 sets of 8 reps holding the lockout one second
- Dumbbell kickback
 - 35 pounds for four sets of 15 reps

DELTS

- Side raise with dumbbells
 - 40, 45, and 50 pounds for 12 reps
- One-arm cable row
 - 100, 110, and 120 pounds for 10 reps

I Then lay on the floor and did 20 minutes with my electric machine: putting the pads on my lower abs while turning the current up higher and higher in order to force them to contract harder.

- Pulley knee-in
 - 75 pounds for 5 sets of 20 reps
- Crunches
 - 40, 30, and 30 reps
- One-arm cable crunch
 - 110 pounds for 2 sets of 25 reps with each arm
- Seated twists
 - 100 reps

August 13

WORKOUT 111

It's July 17, 1990, Christine and I have just returned from a week vacation in Puerto Vallarta, Mexico, after running the 1980 Zane Invitational Women's Bodybuilding tournament. It lost money, but we didn't care since we needed a vacation. I now find myself in the World Gym on Main Street in Santa Monica where I'm about to begin a two-hour workout at 8:30 A.M. on back-biceps-forearms with 11 weeks left before the 1980 Mr. Olympia in Sydney, Australia.

BACK

- Barbell rowing
 - 130, 150, 170, and 190 pounds for 10 reps
- Top deadlift
 - 225, 315, and 405 pounds for 10 reps, 475 for 8, 525 for 4
 - I could have done more but my weight lifting straps slipped and I lost my grip
- Dumbbell shrug
 - 90, 100, and 110 pounds for 10 reps
- One-arm dumbbell row
 - 95 pounds for three sets of 10 reps
- Pulldown behind neck
 - 230, 250, and 270 pounds for 10 reps
- Low cable row
 - 180 and 190 pounds for 10 reps

BICEPS

- Barbell curl
 - 100 pounds for 10 reps, 110 for 9, 120 for 8, 130 for 6
- Low incline dumbbell curl
 - 35 and 40 pounds for 10 reps, 45 for 8, 50 for 6
- Preacher cable curl
 - 100 pounds for 8, 110 for 7, 110 for 6, 110 for 6

FOREARMS

- Reverse barbell curl
 - 65, 75, 85, and 95 pounds for 10 reps
- Wrist curl
 - Four sets of 15 reps with 100 pounds
 - On a five-foot Olympic bar

ABS

- Superset
 - Roman chair situp
 - Incline knee-in
 - Both for 40, 30, and 30 reps
- Seated twist
 - 100 reps
- Hyperextension
 - Two sets of 20 reps



August 14

WORKOUT 112

Written on the brown pages of my leather-bound wood-covered book is the workout I did on July 19, 1980. Early the day before I drove to Palm Springs, ran one and a half miles at the local high school track, and weighted in at 204 pounds before bed. I woke the next morning feeling that I'm bigger and strong as I got ready to work legs at my home gym – a little weekend workout, relaxation, and sunbathing house in which two of the three bedrooms were my gym. I recorded in the book that I ate only 100 grams of carbohydrates that day.

- Leg extension
 - 160, 180, and 200 pounds for 10 reps
- One-legged top extension
 - 60 pounds for 15, 70 for 12, 80 for 10
- Squat on my power rack
 - 145, 195, 235, 275, 305, and 330 pounds for 10 reps
- Lunges
 - 90 and 100 pounds for 10 reps
- Leg curl
 - 90, 100, and 110 pounds for 10 reps
- Stiff-legged deadlift
 - 85, 95, and 105 pounds for 10 reps
 - To stretch those hamstrings
- Hyperextension
 - Three sets of 10 reps holding 10, then 20, then 30 pounds behind my head
 - For butt, spinal erectors, and upper hamstrings
- Seated calf raise
 - 110, 120, 130, and 140 pounds for 15 reps
- Donkeys
 - With 220 pounds on lower back, five sets of 20 to 25 reps

After sundown I ran a mile and a half in 15 minutes at the high school track then returned home to an abs workout:

- Superset
 - Crunches
 - Hanging knee-ups
 - Both four sets of 25 reps
- Seated twists
 - 10 reps

August 16

WORKOUT 113

On July 20, 1980, I did the following chest-shoulder-triceps-abs workout from 10:10 A.M. to 12:20 P.M. in Palm Springs:

CHEST

- Bench Press
 - 145 pounds for 20 reps, 195 for 12, 235 for 10, 260 for 6, and 4 sets of 1 reps doing slow negative with 285 pounds
- 30-degree incline dumbbell press
 - 70 and 75 pounds for 10 reps, 80 for 9, 85 for 7
- V bar dips
 - Same as parallel dip but with a v-shaped bar
 - 3 sets of 15 reps
- Dumbbell pullover
 - Three sets of 12 reps with 95 pounds

DELTS

- 75 degree incline dumbbell press
 - 60 pounds for 10 reps, 65 for 8, 70 for 5, 55 for 7
- One dumbbell front raise
 - 55, 65, 70 pounds for 10 reps
- Dumbbell side raise
 - 25, 30, and 35 pounds for 10 reps
- Rear delt cable raise
 - Bent over at the waist
 - 15 pounds for 4 sets of 12 reps
- One-arm side cable raise
 - 20, 25, and 30 pounds 10 reps

TRICEPS

- One-arm cable kickback
 - 25, 30, and 35 pounds for 10 reps
- Close grip bench press
 - 165 and 185 pounds for 8 reps, 205 for 7
- Pressdown
 - 70 pounds for 12 reps, 80 for 10, 90 for 9, 100 for 8
- One-arm dumbbell extension
 - 35 and 40 pounds for 10 reps
- 45 for 8

ABS

- Pulley knee-in
 - 35 pounds around my ankles for four sets of 25 reps
- Superset
 - Hanging knee-up
 - Four sets of 25 reps
 - Crunches
 - Four sets of 25 reps
- Hyperextension
 - Two sets of 20 reps

August 17

WORKOUT 114

Late morning on July 21, 1980 in Palm Springs, I trained back-biceps-forearms-abs. Later that evening, I ran a mile and a half in 15 minutes at the high school track.

- Bent over barbell rowing
 - 150, 170, and 190 pounds for 10 reps
- Top deadlift
 - 235, 325, and 415 pounds for 10 reps, 485 for 8, 535 for 6 (my straps slipped and I lost my grip on the bar)
- Dumbbell shrug
 - 95 pounds for three sets of 10 reps
- Pulldown behind neck
 - 230, 240, and 250 pounds for 12 reps
- One-arm dumbbell row
 - Three sets of 10 reps with 95 pounds
- Low cable row
 - 170 pounds for 10 reps, 180 for 9, 190 for 8
- One-arm cable row
 - Two sets of 10 reps with 100 pounds

BICEPS

- Barbell curl
 - 100 pounds for 10 reps, 110 for 9, 120 for 8, 130 for 7, 140 for 6

Put rubbing liniment on my elbows

- Incline dumbbell curl
 - 40, 45, 45, and 50 pounds for 8 reps
- One-arm dumbbell concentration curl
 - Three sets of 8 reps with 40 pounds

FOREARMS

- Reverse preacher bench curl with EZ curl bar
 - 65 pounds for 10 reps, 70 for 8, 75 for 7
- Barbell reverse curl
 - 80, 90, and 100 pounds for 10 reps
- Wrist curl
 - 90 pounds for 15 reps, 80 for 12

ABS

- Pulley knee-in
 - 40 pounds for four sets of 25 reps

- Superset
 - Hanging knee-ups
 - Crunches
 - Both four sets of 25 reps
- Hyperextension
 - 10 pounds for 20 reps, 20 for 12, 30 for 10

August 19

WORKOUT 115

Two days later at 9:30 A.M. I worked on legs in the World Gym.

- Squats
 - 185, 225, 275, 315, 335, and 355 pounds for 10 reps
- Standing calf raise
 - 200, 220, and 240 pounds for 15 reps
- Seated calf raise
 - 100, 110, 120, and 130 pounds for 15 reps
- Incline calf raises face down on hack machine
 - 200 pounds for three sets of 15 reps

After driving to a Santa Monica Nautilus Center:

- Leg extension
 - 150, 160, and 170 pounds for 12 reps
- Leg curl
 - 90, 100, and 110 pounds for 10 reps

ABS

- Incline knee-in
 - Two sets of 50 reps
- Hanging knee-up
 - Three sets of 40, 30, and 30 reps
- Hyperextension
 - 20 reps

At the end of the day, feeling that my L-5 vertebrae was out, I spent an hour in the hot tub, then drove to Palm Spring with ice on lower back for two hours.

August 20

WORKOUT 116

Next day at my home gym in Palm Springs, I worked chest-delts-triceps from 11 A.M. to 1 P.M..

- Bench press
 - 145 pounds for 15 reps, 210 for 10, 245 for 6, 255 for 6, 265 for 5, 270 for 5, 275 for 4, slow negatives on all sets
- Incline dumbbell press
 - 70 pounds for 10 reps, 80 for 8, 85 for 6
- V bar dip
 - Three sets of 15 reps with 20 pounds around my waist
- Decline dumbbell fly
 - 60 pounds for 3 sets of 10 reps
- Dumbbell pullover
 - Three sets of 95 pounds for 10 reps
- High incline dumbbell press
 - 60 pounds for 10 reps, 65 for 8, 70 for 8, 75 for 6
- One dumbbell front raise
 - 55, 65, and 70 pounds for 10 reps
- Dumbbell side raise
 - 25 and 30 pounds for 10 reps, 35 for 8
- Dumbbell rear delt raise
 - Face down on steep incline bench
 - 25 pounds for 3 sets of 10 reps
- Bent over rear cable raise
 - Three sets of 20 pounds for 10 reps
- One-arm side cable raise
 - Three sets of 5 reps with 25 pounds

TRICEPS

- Dumbbell kickback
 - 25 pounds for 15 reps, 30 for 12, 35 for 10
- Loose grip bench press
 - With elbows out
 - 195 pounds for 8 reps
 - 205 for 7
 - 215 for 5
 - 20 seconds rest
 - 215 for our
- Pressdown
 - 70 and 80 pounds for 10 reps, 90 for 8, 100 pounds for 6
- One-arm dumbbell extension
 - 35 and 40 pounds for 10 reps, 45 for 8
- Hanging knee-ups

- Four sets of 25 reps

I ate lunch, lay in the sun for an hour, took a two and half hour nap, got up and had a snack, then from 10 to 10:30 P.M.:

- Donkey calf raises
 - 240 pounds for 25, 25, 25, 20, and 20 reps
- Pulley knee-in
 - 35 pounds four sets of 25 reps
- Stairclimber
 - Five minutes



August 22

WORKOUT 117

Next workout in Palm Springs came a few days later at 10 A.M. in my home gym:

BACK

- Top deadlift
 - 235, 325, and 415 pounds for 10 reps, 465 for 8, 505 for 3 reps
 - I lost my grip on the fourth repetition because my weight lifting straps slipped and I dropped the weight. Cursing my fate shrugged ahead:
- Dumbbell shrugs
 - 95 pounds for 3 sets of 10 reps

Compared to deadlift, shrugging was easy

- Pulldown behind neck
 - 230 pounds for 10 reps, 240 pounds for 10, 250 pounds for 10
- Front pulldown
 - 190 pounds for 10 reps
 - 200 pounds for 10
 - 210 pounds for 8
 - On the ninth rep, I forgot if I was doing pulldown to front or behind the neck and pulled the bar straight down hard on my head; seeing stars and bleeding I said, "What the hell is wrong with me," as I iced my bruise and did instead:
- One-arm dumbbell row
 - 95 pounds two sets of 10 reps
- Low cable row
 - 180 pounds for 10 reps, 190 for 9, 200 for 8
- One-arm cable row
 - Two sets of 10 reps with 110 pounds

BICEPS

- Dumbbell concentration curl
 - Four sets of 8 reps with a 40-pound dumbbell
- Preacher cable curl
 - 80, 90, and 100 pounds for 10 reps
- Low incline curl
 - 35 pounds for 10 reps, 40 for 8, and 40 for 7

FOREARMS

- EZ bar reverse preacher curl
 - Three sets of 8 reps with 65 pounds
- Reverse curl

- 85, 95, and 105 pounds for 10 reps

• Barbell wrist curl

- 80 pounds for 15 reps, 90 for 12

I rested a while and had all but forgotten about the bruise on my head

• Pulley knee-in

- Around my ankles

- 45 pounds for 4 sets of 25 reps

• Crunches

- Two sets of 50 reps

• Hyperextensions

- 20 reps

• Treadmill

- 15 minutes

August 23

WORKOUT 118

Worked legs the next day at 10:15 A.M.:

THIGHS

- One-leg top extension
 - 60, 70, and 80 pounds for 15 reps
- Squatting
 - 145, 195, 235, 275, 305, and 325 pounds for 10 reps
- Leg extension
 - 160, 170, and 180 pounds for 10 reps
- Lunge
 - 80 and 90 pounds for 10 reps
- Leg curl
 - Three sets of 10 reps with 100 pounds
- Stiff legged deadlift
 - Three sets of 10 reps with 70 pounds

CALVES

- Seated calf raises
 - 110, 120, and 130 pounds for 15 reps
- Donkeys
 - With 230 pound rider
- 4 sets for 15 reps

LOWER BACK

- Hyperextension
 - 4 sets of 10 reps

ABS

- Hanging knee-ups
 - Four sets of 25 reps
- Pulley knee-in
 - 40 pounds for 4 sets of 25 reps
- Stairclimber
 - 12 minutes

August 24

WORKOUT 119

Following an hour of sun, I began a chest-shoulders-triceps-abs workout at 11:30 A.M.. Afterwards my front delts were really sore, so I did electric current then put on a tight T-shirt and slipped a blue ice strip in for 30 minutes and took a few buffered aspirin.

- Bench press
 - 145 pounds for 14 reps
 - 215 for 10
 - 255 for 5
 - 260, 265, 270, and 275 for 6 all with slow negatives
- Incline dumbbell press
 - 75 pounds for 8 reps, 80 for 7, 85 for 6, all slow negatives
- V bar dips
 - With 25 pounds around my waist, three sets of 16 reps
- Decline dumbbell fly
 - 60 pounds for 2 sets of 10 reps
- Dumbbell pullover
 - Three sets of 10 reps with 95 pounds

DELTS

- 75-degree incline dumbbell press
 - 60 pounds for 10 reps, 70 for 9, 75 for 8
- One dumbbell front raise
 - 60, 70, and 70 pounds for 10 reps
- Dumbbell side raise
 - 30 pounds for 12 reps, 35 for 10, 40 for 8
- Rear delt raise
 - Face down on steep incline bench
 - 25 pounds for 3 sets of 10 reps
- Bent over rear delt cable raise
 - 4 sets of 10 reps with 20 pounds
- One-arm side cable raise
 - Two sets of 10 reps with 30 pounds nonstop each arm

TRICEPS

- Dumbbell kickback
 - 25, 30, and 35 pounds for 10 reps
- Close grip bench press with barbell
 - 195 pounds for 8, 215 for 3 sets of 6
- One-arm dumbbell extension
 - 35, 40, 45 pound for 10 reps, and 50 pounds for 8
- Pressdown

- 3 sets of 10 reps with 95 pounds

ABS

- Pulley knee-ins
 - 45 pounds for 4 sets of 25 reps
- Crunches
 - 3 sets of 25 reps
- Hyperextension
 - 2 sets of 10 reps

WORKOUT 120

Back, biceps, forearms, posing



Front Relaxed



Front Double Biceps



Front Lat Spread



Side Chest

After repeating workout 117 Back, biceps, and forearms I practiced the compulsory poses, holding each pose for 30 seconds, relaxing my face and tensing all the other muscles, and repeated this three times. I felt very relaxed afterwards.

Back Double Biceps



Back Lat Spread



Side Triceps



Abdominal Pose



August 28

WORKOUT 121

September 26 at 9 A.M. I took photos in backyard; I really looked hard when I viewed them a few days later. Then I got a few hours of sun while on my raft as I floated in the pool. I tanned really dark with no Jantanna dripping down my back to make a mess and no suntanned hands. I began training thighs at 4:30 P.M. that day. After which I practiced compulsory posing – holding each pose longer and longer.

- One-leg top extension
 - 80 and 90 pounds for 20 reps, 100 for 15 each leg
- Squat
 - 185, 245, and 285 pounds for 10 reps
- Lunge
 - 100, 110, and 120 pounds for 10 reps
- Leg extension
 - 240 pounds for 8 reps, 200 and 160 for 6 with only enough rest between sets to change the weight
- Leg curl
 - 90 pounds for 10 reps, 95 for 9, 100 for 8, 70 for 8
- Stiff legged deadlift
 - Two sets of 10 reps with 75 pounds
- Seated calf raises
 - 100, 110, and 120 pounds for 15 reps
- Donkeys
 - With 230-pound rider
 - 4 sets of 15 reps

ABS AND LOWER BACK

- Hyperextension
 - 2 sets of 15 reps with 25 pounds
- Abdominal crunches
 - 40, 30, and 30 reps
- Pulley knee-in
 - 60 pounds for 30, 30, 20, and 20 reps
- One-arm cable crunch
 - 80 pounds for 40, 30, and 30 reps
- Seated twist
 - 100 reps
- Stairclimber
 - 6 minutes

August 30

WORKOUT 122

My last workout in the U.S. before the 1980 Mr. Olympia contest came on September 27. I got up early, drank coffee. An hour later I ran a 10-minute mile, then rested and ate an omelet, a pound of broiled lean ground beef with another cup of coffee. I trained chest-delts-triceps from 10 A.M. to 12:15 P.M.. Afterwards, I went through my free posing routing three times and felt I had it all down, thus boosting my confidence.

- Bench press
 - 145 pounds for 15 reps, 195 for 10, then 235, 240, 245, 250, and 255 for 6, all slow negatives
- 75 degree incline dumbbell press
 - 60 pounds for 10 reps, 65 for 9
- 60 degree incline dumbbell press
 - 70 pounds for 7 reps, 75 for 6
- 45 degree incline dumbbell press
 - 80 pounds for 6 reps
- Dumbbell flys
 - Little rest between sets
 - 60 pounds for 3 sets of 10 reps
- V bar dip
 - With 20 pounds around my waist
 - 3 sets of 15 reps
- Dumbbell pullover
 - 90 pounds for two sets of 12 reps

DELTS

- One dumbbell front raise
 - Three sets of 10 reps with 75 pounds
- Dumbbell side raise
 - 35 pounds three sets of 10 reps
- Rear cable raise
 - 15 pounds for 12 reps, then 20, 20, 15, and 10 pounds for 10 reps
- One-arm side cable raises
 - 20, 25, and 30 pounds for 10 reps, nonstop alternating arms

TRICEPS

- Dumbbell kickback
 - 30, 35, 40, and 45 pounds for 10 reps
- Close grip bench press
 - 200 pounds 4 sets of 10 reps
 - For outer triceps head
- One-arm dumbbell extension
 - 40 pounds for 10 reps, 45 for 8, 50 for 6
 - For the long rear triceps head

I check my penis for bleeding, ate lunch, and got two hours of sun. At 6:30 P.M. I did lower back-abs workout:

- Hyperextension
 - 35 pounds for two sets of 15 reps
- Hanging leg raises
 - Three sets of 25 reps
- Crunches
 - 40, 30, and 30 reps
- Pulley knee-in
 - 60 pounds for 30, 30, 30, and 10 reps
- One-arm cable crunch
 - 90 pounds for 40, 30, and 30 reps
- Seated twist
 - 100 reps
- Treadmill
 - 10 minutes

September 1

WORKOUT 123

Evenings in Santa Monica in the late 1970s, Christine and I would drive down to Gold's Gym at Third Street. On September 12, in preparation for the 1979 Mr. Olympia contest, we trained back-biceps-forearms from 7:45 to past closing at 9:30 P.M.. She was my training partner and did everything I did with lighter weights. That night Christine deadlifted 225 pounds for one rep.

- Top deadlift
 - 155 pounds for 10 reps, 245 for 8, 295 for 6, 315 for 5, 315 for 5
- Dumbbell shrug
 - 80, 90, and 100 pounds for 12 reps
- One arm dumbbell row
 - 100 pounds for 3 sets of 10 reps
- Barbell row
 - 135, 145, 166 and 165 for 10 reps
- Front pulldown
 - 190, 200, and 210 pounds for 10 reps
- Low cable row
 - 140 and 160 pounds for 10 reps

BICEPS

- Incline dumbbell curl
 - 35 pounds for 10 reps, 40 for 10, 45 for 8, 50 for 6
- Alternate dumbbell curl
 - 50 pounds for 7, 55 for 6, 60 for 6
- One-arm dumbbell concentration curl
 - 40, 45, and 50 pounds for 8 reps

FOREARMS (with barbell)

- Reverse curl
 - 70, 80, and 90 pounds for 10 reps
- Reverse wrist curl
 - 40, 40, and 50 pounds for 15 reps
- Wrist curl
 - 85, 115, and 115 pounds for 15 reps

ABS

- One-arm cable crunch
 - Two sets of 25 reps with 50 pounds
- Superset
 - Incline knee-ins
 - Crunches
 - Both three sets of 50 reps
- Hyperextensions
 - 25 reps



September 2

WORKOUT 124

The next evening we trained legs in Gold's Gym from 9:15 until 10:29 P.M., when all the strange characters had left before closing time so our workout went just fine. A few weeks earlier I had fallen down stairs hurting my hip while filming a TV exercise show, so I couldn't do full squats this night. Afterwards, we drove in our Jeep through the cool ocean air to our home near the beach. We watched TV until about midnight, then retired. In the morning we woke up feeling sore and very tired from this workout.

CALVES

- Donkeys
 - With 250 pounds, 5 sets for 15 to 20 reps
- Standing calf machine
 - 200, 250, and 300 pounds for 15 reps
- Calf raises on leg press machine
 - 200, 220, and 240 pounds for 15 reps
- One-legged calf raises
 - Four sets of 15 reps with no weight

THIGHS

- Leg curl
 - 80 and 90 pounds for 10 reps, 100 for 8, 110 for 6
- Barbell lunges
 - 55, 65, and 75 pounds for 10 reps
- Leg extension
 - 170 and 200 pounds for 10 reps, 220 for 8
- Quarter squats
 - 225, 245, and 265 pounds for 15 reps

ABS

- One-arm cable crunch
 - 90 pounds for 25 reps with each arm
- Superset
 - Incline knee-in
 - Three sets of 50 reps
 - Crunches
 - Three sets of 50 reps
- Hyperextensions
 - 20 reps

September 3

WORKOUT 125

Next evening, 9 to 11 P.M., we worked chest-shoulders-triceps at Gold's again:

- Bench press
 - 135, 205, and 255 pounds for 10 reps, 280 for 7, 300 for 3
- Incline dumbbell press
 - 80 pounds for 10 reps, 90 for 8, 100 for 6, 1010 for 6
- Parallel dip
 - 40 pounds for 10 reps, 60 for 8, 80 for 6

DELTS

- Machine press
 - 135 pounds for 10 reps, 145 for 8, 175 for 6, 185 for 6 with slow negatives
- One dumbbell front raise
 - 70, 75, and 80 pounds for 10 reps
- Side dumbbell raises
 - Three sets of 12 reps with 35 pounds
- Rear delt machine
 - Three sets of 70 pounds for 10 reps
- Rear delt raise face down on incline bench
 - Four sets of 30 pounds for 10 reps
- Pec deck
 - 100 pounds for 15 reps, 120 for 12, 140 for 10
- Dumbbell pullover
 - 95, 110, 10, and 110 pounds for 10 reps

TRICEPS

- Close grip bench press
 - 135 pounds for 10 reps, 155 for 8, 165 for 7, 175 for 6
- One-arm dumbbell extension
 - 35, 40, and 45 pounds for 8 reps
- One-arm cable kickback
 - Three sets of 35 pounds for 10 reps
- One-arm side cable raise
 - 15 pounds for 2 sets of 10 reps

The ab workout was the same as the day before.

September 5

WORKOUT 126

The following day got sun from 10 to 11:15 A.M. and was in my gym training back-biceps-forearms by 1 P.M.

BACK

- Front chin
 - Three sets of 10 reps
- Top deadlift
 - 135 pounds for 20 reps, 185 for 18, 225 for 16, 275 for 15, 315 for 12
- One-arm dumbbell row
 - 90 pounds for 12 reps, 95 for 11, 100 for 10

BICEPS

- Incline dumbbell curl
 - 30, 35, 40, and 45 for 10 reps
- Alternate dumbbell curl
 - 55 pounds for 8 reps, 60 for 9, 65 for 7
- Preacher cable curl
 - 70, 80, and 85 pounds for 10 reps
- Preacher barbell curl
 - 70 pounds for 10 reps, 75 for 9, 80 for 8
- Low incline dumbbell curl
 - Three sets of 10 reps with 30 pounds

FOREARMS

- Barbell wrist curl
 - 80 pounds for 20 reps, 90 for 15, 100 for 15
- Reverse barbell curl
 - Three sets of 10 reps with 70 pounds

September 6

WORKOUT 127

I remember lying in the sun the same day repeating my affirmation; saying it off and on while keeping my mind under control. It seemed to wander off anyway so my goal was to remember to say this mind formula in ideal moments during the day and set up a mental circuit to crowd out negative thinking. After sunbathing, I took a break and twice listened to a motivational audio tape. That evening I was in my gym from 7:30 until 9 P.M. to train thighs and calves. If I had had my Leg Blaster, my knees and lower back would probably have felt better after this workout:

- Leg curl
 - 80, 80, 90, and 100 pounds for 10 reps, 100 for 8
- Lunges
 - 70 and 80 pounds for 10 reps
- Leg extension
 - 160 pounds for 12 reps, 180 for 11, 200 for 10 220 for 10, 240 for 8
- Hack squat
 - Holding 35-pound dumbbells, three sets of 10 reps

CALVES

- Seated raise
 - Four sets of 20 reps with 100 pounds
- Standing calf raise
 - Four sets of 20 reps with 250 pounds

ABS

- One-arm cable crunch
 - 50 and 60 pounds for 25 reps, and 60 for 15 each arm
- Hanging knee-ups
 - Four sets of 25 reps
- Incline knee-in
 - 50 reps
- Crunches
 - Holding a two-pound dumbbell on my chest for 60 reps
- Good morning exercise
 - 70 pounds for two sets of 25 reps
- Stairclimber
 - Four minutes followed by a swim

September 7

WORKOUT 128

Last night slept nine hours straight. I awoke the morning of September 15 at 9:30 A.M., took my supplements with a protein drink, sipped a hot cup of coffee, and meditated from 10:10 to 10:30. After sunbathing for two hours, I began chest training at 1:15 P.M..

- Bench press
 - 135, 205, and 255 pounds for 10 reps, 280 for 8, 300 for 4
- 30 degree incline barbell press
 - 135 pounds for 10 reps, 185 for 8, 205 for 7, 215 for 6
- 70 degree incline barbell press
 - 60 pounds for 10 reps, 70 for 10, 75 for 8
- Dips
 - Three sets of 10 reps with a 35-pound plate
- Standing dumbbell press
 - Drop sets with 50, 45, 40, and 35 pounds for 5 reps without rest

After a three-minute break:

- Standing dumbbell press
 - Drop sets with 50 pounds for 6 reps, 45, 40, and 35 pounds for 4 reps
- One dumbbell front raise
 - Three sets of 10 reps with 70 pounds
- Strict dumbbell side raises
 - 20, 25, and 30 pounds for 10 reps
- One-arm side cable raises
 - 25, 25, 30, and 35 pounds for 10 reps
- Two-arm bent over rear delt cable raises
 - Four sets of 12 reps with 20 pounds
- Rear delt dumbbell raises
 - Face down on steep incline bench
 - 25 and 30 pounds for 10 reps

Because of a spasm in upper right shoulder blade, lay on ice for 20 minutes and said my mantra 216 times. Then I

took a nap and by 9 P.M., I was in the gym again to do more chest work plus triceps:

- Decline fly
 - 40 pounds for 12 reps, 45 for 11, 50 for 10
- Cable crossover
 - 40 pounds for 12 reps, 45 for 11, 50 for 10
- Dumbbell pullover
 - 80, 90, and 100 pounds for 10 reps to work the anterior serratus
- Stiff-arm pulldown
 - 80, 90, 100 pounds for 12 reps

TRICEPS

- Close grip bench press
 - 135 pounds for 10 reps, 185 for 8, 185 for 6, 185 for 5 with slow negatives
- Overhead cable extension
 - 50 pounds for 12 reps, 60 for 11, 70 for 10
- One-arm dumbbell extension drop sets
 - 35 and 30 pounds for 5 reps, 25 for 6 with no rest between sets
- Pressdown
 - 90 pounds for 12 reps, 100 for 10
- One-arm side cable raise
 - 25 pounds for 10 reps, 30 for 10

By this time my delts felt so sore all I could do was abs:

ABS

- Hanging knee-ups
 - 40, 30, and 30 reps
- Crunches
 - 100 reps
- One-arm cable crunches
 - 65 and 75 pounds for 25 reps
- Stairclimber
 - 5 minutes

September 9

WORKOUT 129

My upper back stiff at 10:40 A.M., so for breakfast I have a protein drink and supplements with an icepack and gram of buffered aspirin. I lie in the sun from 11:45 A.M. to 1 P.M.. For lunch I have turkey, then lie in the sun from 4 to 5 P.M., followed by listening to audiotapes and saying my affirmation while lying on my waterbed. At 8:10 P.M. I begin back-biceps-forearms training:

BACK

- Wide grip front chin
 - 10 reps with no weight, then 10 pounds for 10 reps, 20 for 8, 20 for 8, 25 for 7, 30 for 6
- Barbell row
 - 115, 125, 135, 145, 155, 165, and 175 pounds for 10 reps each set
- One-arm dumbbell row
 - 90, 100, and 110 pounds for 10 reps
- One-arm lat stretch
- One-arm cable row
 - 76 pounds for 12 reps, 85 for 11, 100 for 10
- Top deadlift
 - 235 pounds for 12, 275 for 10, 315 for 8
- Dumbbell shrug
 - 80, 90, and 100 pounds for 15 reps
- Bent over rear delt cable raise
 - 20, 20, and 25 pounds for 10 reps

BICEPS

- Low incline dumbbell curl
 - 30, 35, 40, and 45 pounds for 8 reps, and 50 for 7
- Alternate dumbbell curl
 - 55 pounds for 8 reps, 60 for 7, 65 for 5, 70 for 5
- Barbell preacher curl
 - 60 pounds for 10 reps, 70 for 10, 80 for 8
- Preacher cable curl
 - 90 pounds for 10 reps, 95 and 100 for 8

FOREARMS (no rest at all between sets)

- Superset
 - Reverse wrist curl
 - Three sets of 10 reps with a 70-pound barbell
 - Barbell wrist curl
 - Three sets of 15 reps with 100 pounds
- Stairclimber
 - Six minutes

I practiced stomach vacuums for 10 minutes; relaxed and meditated for 20 minutes more; then swallowed aminos, ate a little fruit, and went to bed.

September 10

WORKOUT 130

September 17, 1979, from 7:30 to 9:30 P.M.. I worked on calves-thighs-abs:

CALVES

- Donkey calf raise
 - 250 pounds for 20 reps, 265 for 18, 275 for 16, 285 for 16, 295 for 16, 300 for 16
- One-legged calf raise
 - Three sets of 15 reps holding a 45-pound dumbbell

THIGHS

- Superset
 - Leg curl
 - Lunges
 - Both 80, 90, 100, and 110 pounds for 10 reps
- Leg extension
 - 180 pounds for 12 reps, 210, 240, and 250 pounds for 10 resting two minutes between sets to do perfect reps
- Hack squat
 - Three sets of 12 reps with 40-pound dumbbells

ABS

- One-arm cable crunch
 - 50, 60, 70, and 80 pounds for 25 reps each arm
- Incline knee-up
 - Holding 20-pound dumbbell with my feet, 4 sets of 10 reps
- Hanging knee-up
 - Strapped a 6 pound dumbbell between my feet, three sets of 20 reps

September 12

WORKOUT 131

One September 18, 1979, at 2:10 P.M. I began training chest-deltoids for my first workout:

- Bench press
 - 135, 205, 255, and 280 pounds for 10 reps, 305 pounds for 5
- 30-degree incline press
 - 135 pounds for 10 reps, 185 for 10, 205 for 8
- Parallel dips
 - 30 pounds for 10 reps, 45 for 9, 60 for 8, 70 for 6, and slow negatives

DELTS

- 75 degree incline dumbbell press
 - 60 pounds for 10 reps, 70 for 8, 70 for 8, 70 for 9
 - I twisted the weights during the press so my palms were facing away from me at the top of the exercise, not locking out my elbows, lowering the weights so that my slowly twisting palms were now facing me at bottom of the press
- One-arm side cable raise
 - 30, 35, and 40 pounds for 10 reps each arm
- One-arm dumbbell side raise
 - 20, 25, and 25 pounds for 10 reps
- Rear cable raise
 - Pyramiding, or working up in weight each set then going down in weight: 20, 25, 25, 25, 20, 20, 20, and 20 pounds for 10 reps

My second workout that day began at 8 P.M.:

- Superset
 - Decline fly
 - 40, 50, and 60 pounds for 10 reps
 - Cable crossover
 - 40, 45, and 50 pounds for 10 reps

TRICEPS

- Close grip bench press
 - 135 pounds for 10 reps, 185 for 5 slow reps, 205 for 4 with even slower reps
- Dumbbell pullover
 - 3 sets of 90 pounds for 10 reps
- One-arm dumbbell extension
 - 35, 40, 45, 50, and 55 pounds for 10 reps
- One-arm cable kickback
 - 20, 25, 30, and 35 pounds for 10 reps each arm

ABS

- One-arm cable crunch
 - 70 and 75 pounds for 25 reps each arm
- Superset
 - Incline knee-in
 - Crunches
 - Both two sets of 50 reps
- Hyperextension
 - 20 pounds for 20 reps

It was 9:30 P.M. so I quit, went to the high school track and ran a mile in 9 minutes. Feeling really tired by 11 P.M., I went to bed.

September 14

WORKOUT 132

On September 19, 1979, between 3 and 4:30 P.M., I trained back-biceps-forearms. Christine deadlifted 236 pounds easily proving how strong she was to me.

BACK

- Front chins
 - No weight for 10 reps, 10 pounds for 10 reps, 20 for 9, 20 for 8, 30 for 8, 30 for 7
- Bent over barbell row
 - 115, 125, 135, 145, 155, 165 pounds for 10 reps, 175 for 8
- One-arm dumbbell row
 - 100, 110, and 120 pounds for 10 reps
- One-arm cable row
 - 75 pounds for 12 reps, 85 for 12, 95 for 10
- One-arm lat stretch
- Dumbbell shrugs
 - 90 pounds for 15 reps, 100 for 12, 110 for 12
- Bent over rear delt cable raise
 - 3 sets of 10 reps with 20 pounds
- Donkey calf raises
 - 250 pounds for 25 reps, 275 for 22, 285 for 23

BICEPS

- Incline dumbbell curl
 - 30 pounds for 10 reps, 35 for 10, 40 for 10, 45 for 8, 50 for 6
- Alternate dumbbell curl
 - 55 pounds for 10 reps, 60 for 8, 65 for 7

Feeling pain in my left front delt, I applied a little dms0. Its warm sensation helped me continue.

- Preacher cable curl
 - 90, 100, and 100 pounds for 8 reps

FOREARMS

- Reverse barbell curl
 - 75, 80, 85, and 90 pounds for 10 reps
- Barbell wrist curl
 - 90, 100, 110, and 120 pounds for 20 reps
- Reverse wrist curl
 - 3 sets of 15 reps with 30, 40, and 40 pounds

ABS

- One-arm cable crunch
 - 80 and 85 pounds for 25 reps
- Superset
 - Incline knee-ins
 - Crunches
 - Both two sets of 50 reps
- Good morning exercise
 - 50 pounds for 20 reps



September 15

WORKOUT 133

September 21, 1979, I worked calves-thighs-abs.

- Donkeys
 - 275 pounds for 24 reps, 300 for 13, iced a cramp before continuing with 300 for 15, 300 for 20, 300 for 20, 300 for 18, 300 for 16, 300 for 14
- Leg curl
 - 90 pounds for 10 reps, 100 for 9, 100 for 9, 100 for 10
- Lunges
 - 70, 80, 90, 100 pounds for 10 reps
- Leg extension
 - 210 pounds for 12 reps, then 240 and 250 for 10
- Hack squat
 - 3 sets of 10 reps with 50 pound dumbbells
- One-legged top extension
 - 9 reps with 90 pounds

ABS

- One-arm cable crunch
 - 90, 90, 100, and 100 pounds for 25 reps each arm
- Superset
 - Incline knee-in
 - Crunches
 - Both 2 sets of 50 reps
- Stairclimber
 - 2 minutes for 2 sets

I got about two hours sun, applied ice to my shoulder two or three times, listened to alpha wave beat frequency audio tape. Later I bought a large light blue roll of paper and installed it in my living room for a photographic background to take progress photos with Christine.

September 16

WORKOUT 134

On September 24, 1979, I worked chest-delts-triceps from 9:30 A.M. to noon. I said my mantra for half-hour right before workout, then continued it all the way through:

- Bench press
 - 135, 185, 225, and 255 pounds for 10 reps, and 275 for 6
- Incline barbell press
 - 135, 175, and 195 for 10 reps, 210 pounds for 7
- Dip
 - 10 reps with 20 pounds around my waist, then 30 pounds for 10, 40 for 10, 50 for 8
- Decline dumbbell fly
 - 40, 45, and 50 pounds for 10 reps
- Cable crossover
 - 40, 50, and 60 pounds for 10 reps
- Dumbbell pullover
 - 85, 100, and 100 pounds for 10 reps
- Pressdown
 - 75 pounds for 10 reps, 85 for 8, 90 for 7

DELTS

- 70 degree incline dumbbell press
 - 50 pounds for 10 reps, 60 for 10, 70 for 8, 75 for 7
- One-arm side cable raises
 - 25, 30, and 35 pounds for 10 reps each arm (right front delt began to hurt again)
- Dumbbell side raises
 - 20, 25, and 30 pounds for 10 reps made me forget the pain
- Bent over rear delt cable raises
 - 15, 20, 20, 20, 20, and 20 pounds for 10 reps

TRICEPS

- Close grip bench press
 - 135 pounds for 10 reps, 175 for 9, 195 for 8
- One-arm dumbbell extension
 - 30 pounds for 10 reps, 35 for 10, 40 for 8
- One-arm cable kickback
 - 35, 40, and 50 pounds for 10 reps
- EZ bar seated tricep extension
 - 60, 70, and 80 pounds for 10 reps

After a break, I resumed the workout at 7 P.M.:

- One-leg top extension
 - 60 pounds for 16 reps, 70 for 15, 80 for 12, 90 for 10
- Lunges
 - 70, 80, and 90 pounds for 10 reps

ABS

- One-arm cable crunch
 - 2 sets of 50 reps with 75 pounds for each arm
- Superset
 - Incline knee-in
 - Crunches
 - Both three sets of 50 reps

I ended the workout practicing stomach vacuums interspersed with one-arm lat stretch.

September 18

WORKOUT 135

September 26, 1979, I did a back-biceps-forearms workout from 9 to 11 A.M.:

BACK

- One-arm dumbbell row
 - 70, 85, 100, 110, and 120 pounds for 10 reps
- One-arm lat stretch
- One-arm cable row
 - 110, 110, and 125 pounds for 10 reps
- Barbell row
 - 135 pounds for 12 reps, 155 for 12, 165 for 10, 175 for 10, 185 for 10
- Top deadlift
 - 205 and 255 pounds for 10 reps, 305 for 6 but twisted L-5 lumbar vertebra so stopped and iced
- Dumbbell shrug
 - 3 sets of 10 reps with 90-pound dumbbells
- Rear delt cable raise
 - 15 pounds 3 sets of 15 reps

BICEPS

- Preacher curl
 - 60 pounds for 8, 70 for 9, 75, 80, and 85 for 8
- Low incline curl
 - 30 pounds for 10 reps, 35 for 10, 40 for 8
- Preacher cable curl
 - 80, 90, 100, and 110 pounds for 10 reps

FOREARMS

- Superset
 - Reverse wrist curl
 - 50 pounds for 3 sets of 15 reps
 - Wrist curl
 - 100 pounds for 3 sets of 15 reps

ABS (from 9 to 10 P.M.)

- Pulley knee-in
 - 15, 20, 25, and 30 pounds for 25 reps, rested, then did it again
- Crunch
 - 4 sets of 50 reps
- One-arm cable crunch
 - 2 sets of 25 reps with 75 pounds
- Seated twists
 - 100 reps
- Hyperextensions
 - 20, 15, and 10 reps

That night Christine deadlifted 135 pounds for 8 reps, 155 for 5, 175 for 3, 195 for 2, then one rep each at 205, 215, 225, 240, 245, and 250 pounds without letting me tell her the weight before she did it.

September 19

WORKOUT 136

After spending most of September 27, 1979, sunbathing, I trained legs from 8:30 to 10 P.M..

CALVES

- Donkeys
 - 250 pounds for 30 reps, 275 for 25, 300 for 20, 325 for 16, 335 for 15

THIGHS

- Leg curl
 - 90, 100, 100, and 100 pounds for 10 reps
- Lunges
 - 70, 80, 90, and 100 pounds for 10 reps
- Leg extension
 - 210 pounds for 12 reps, 240 for 10, 265 for 8, without rest drop to 180 pounds for 8 reps

ABS

- Pulley knee-in
 - 35 pounds 5 sets of 25 reps
- Crunches
 - 3 sets of 50 reps
- One-arm cable crunches
 - 2 sets of 50 reps
- Seated twist
 - 100 reps

September 20

WORKOUT 137

On September 28, 1979, from 10 A.M. to 12:30 P.M. I did chest-delts-triceps-abs:

CHEST

- Bench press
 - 135 pounds for 12 reps, 185 for 10, 225 for 10 275 for 6
- Low incline barbell press
 - 135 pounds for 10 reps, 185 for 10, 205 for 8, 215 for 6
- Dips
 - 20, 40, and 60 pounds for 10 reps, 70 for 8
- Front chin with wide grip
 - 5 sets of 10 reps
- Decline fly
 - 40, 50, and 55 pounds for 10 reps
- Cable crossover
 - 65, 70, and 60 pounds for 10 reps
- Pullover
 - 100 pounds three sets of 10 reps

DELTS

- 70 degree incline bench
 - 60 pounds for 10 reps, 70 for 8, 70 for 8
- One dumbbell front raise
 - 60 pounds for 12 reps, 65 for 12, 70 for 10, 75 for 8
- Side cable raise
 - 15 pound for 12 reps, 20 for 12, 25 for 10, 30 for 10
- Rear delt cable raise
 - 15, 20, and 25 pounds for 10 reps
- Dumbbell shrug
 - 80, 90, and 95 pounds for 20 reps

TRICEPS

- Close grip bench press
 - 155 pounds for 10 reps, 185 for 10, 205 for 4 slow reps
- One-arm dumbbell extension
 - 30 pounds for 10 reps, 35 for 9, 40 for 8, 45 for 8
- One-arm cable kickback
 - 45 pounds for 3 sets of 10 reps
- Seated EZ bar extension
 - 70 pounds for 3 sets of 10 reps

My delts were really sore after all of this, so iced them out for over one hour. Later I bought Christine flowers and a golden Buddha. I returned to the gym at 10 P.M..

ABS

- Pulley knee-in
 - 40 pounds for 5 sets of 25 reps
- Crunches
 - 3 sets of 50 reps
- Seated twists
 - 100 reps
- Stationary bike
 - 20 minutes



September 22

WORKOUT 138

With competition day one week away, my last three workouts Sunday, Monday, and Tuesday needed to be my very best. I practiced compulsory posing for one hour; holding each pose 45 seconds without shaking. Then I got in an hour of sunbathing – standing with my eyes closed while facing the sun and imagining I was already on stage, thighs and abs tensed always. All day I silently repeated my mantra. From 7 to 9 P.M. I worked on back-biceps-forearms-abs. That evening Christine did her best deadlift so far: 155 pounds for 5 reps, 85 for 2, then 215, 235, 255 pounds for 1 rep.

BACK

- Bent over rowing
 - 115, 135, 155 pounds for 12 reps, 175 for 10, 185 for 8
- Front chin
 - No weight for 10 reps, then 10, 20, and 25 pounds for 10 reps
- Rear delt cable raise
 - 15, 20, 25, and 15 pounds for 10 reps, rest 1 minutes, then 25 and 15 pounds for 10 reps
- One-arm dumbbell row
 - 100, 120, and 120 pounds for 10 reps
- One-arm cable row
 - 110, 125, and 135 pounds for 10 reps

BICEPS

- Barbell preacher curl
 - 55 and 65 pounds for 10 reps, 70, 70, and 70 pounds for 8 reps
- Incline dumbbell curl
 - 30 pounds for 10 reps, 35 for 9, 35 for 9
- One-arm seated dumbbell curl
 - Nonstop each arm: 50 pounds for 10 reps, 45 for 10, 40 for 9, 35 for 8

FOREARMS

- Reverse curl
 - 60, 70, and 80 pounds for 10 reps
- Wrist curl
 - 80, 90, and 100 pounds for 15 reps both with barbell

ABS

- Pulley knee-in
 - 40 pounds around my feet did 4 sets of 25 reps
- Crunches
 - 40, 30, and 30 reps
- Seated twist
 - 100 reps
- Stairclimber
 - 3 minutes

September 23

WORKOUT 139

I took 40 amino acid and 80 liver extract capsules with small bits of food throughout the day. This low caloric super-energy jolt fueled my training as my mantra crowded out negative thinking. From 8:45 to 10:05 P.M. I did the following calves-abs workout in the gym.

CALVES

- Donkeys
 - 250 pounds for 30 reps, 360 for 15, 250 for 10, rest 1 minute, then 360 for 15, 250 for 10, rest one minute again, then 360 for 15, 240 for 9, rest 360 for 16, 250 for 9
- Leg curl
 - 100 and 110 pounds for 8 reps, 120 for 7
- Lunges
 - 100, 120, and 130 pounds for 10 reps
- Leg extension
 - 210 and 240 pounds for 10 reps, 265 for 9. This was the heaviest I ever did.

ABS

- Pulley knee-in
 - 40 pounds for 5 sets of 25 reps
- Crunches
 - 3 sets of 50 reps
- One-arm cable crunch
 - 75 pounds each arm 2 sets of 25 reps
- Hyperextension
 - 25 reps
- Seated twist
 - 100 reps

September 24

WORKOUT 140

Before training I got in a few hours of sun. My golden copper-hued skin glistened in the photographs taken late in the afternoon. Eating at the House of Lamb three hours before the workout made my training easier. Afterwards, I posed intensely visualizing my stage presentation and realizing that I'd accomplished my goal: over-trained four day before I competed on stage. All I had to do now was rest, stay confident, sun, practice posing in order to look my all-time best... and I did. From 7:30 to 10:20 P.M. this last chest-shoulder triceps workout before contest was fast-paced with little rest between sets, cultivating a breathless state.

CHEST

- Bench press
 - 135 pounds for 12 reps, 185 for 10, 235 for 10, 265 for 8
- Low incline barbell press
 - 135, 185, and 205 pounds for 10 reps
- Dips
 - 20 pounds for 10 reps, 50 for 10, 70 for r8
- Decline fly
 - 45, 55, and 65 pounds for 10 reps
- Cable crossover
 - 75, 60, and 60 pounds for 10 reps

DELTS

- Dumbbell press
 - 60 pounds for 9, 0 for 8, 70 for 8
- One-dumbbell front raise
 - 60, 70, and 76 pounds for 10 reps
- One-arm side cable raise
 - 15, 20, and 25 pounds for 10 reps
- Rear delt cable raise
 - 15, 20, and 20 pounds for 10 reps, 15 pounds for 12 reps
- Wide grip chin
 - Zero pounds for 12 reps, 10 for 12, 20 for 10, 25 for 10
- Dumbbell shrug
 - 3 sets of 20 reps with 100 pounds
- One-arm cable row
 - 125, 135, and 145 pounds for 10 reps to add lower lat finishing touches and maximize serratus for stomach vacuum pose
- Dumbbell pullover
 - 3 sets of 100 pounds for 10 reps
- Stiff-arm pressdown using lat machine
 - 3 sets of 75 pounds for 10 reps

TRICEPS

- One-arm dumbbell extension
 - 30 pounds for 10 reps, 35 for 10, 40 for 8, 45 for 6
- One-arm cable kickback
 - 50 pounds for 10, 8, and 6 reps
- EZ bar overhead extensions
 - 3 sets of 8 reps with 70 pounds

BICEPS

- One-arm dumbbell concentration curl
 - 30, 35, and 40 pounds for 10 reps

ABS

- Pulley knee-in
 - 50 pounds for 25, 25, 15, 10, 10, 8, and 7 reps
- Crunches
 - 4 sets of 25 reps
- Seated twist
 - 100 reps
- Stairclimber
 - 3 minutes



OCTOBER 1

WORKOUT 141

One week without training is the longest break I can take to stay in shape, so why give it up after all that work anyway? I went back to my regular workouts using just enough weight to get a good pump. Late one evening at Gold's Gym I did this workout for back-biceps-forearms:

BACK

- Top deadlift
 - 185 pounds for 10 reps, 225 for 10, 275 for 8, 325 for 6
- Dumbbell shrug
 - 3 sets with 100 pounds for 10 reps
- Barbell bent over row
 - 135, 155, and 175 pounds for 10 reps
- Low cable row
 - 150, 170, and 190 pounds for 10 reps
- Pulldown behind neck
 - 190 and 200 pounds for 10 reps
- Rear delt machine
 - Two sets of 12 reps with 60 pounds

BICEPS

- Dumbbell concentration curl
 - 30, 40, and 45 pounds for 10 reps
- Preacher curl
 - 60, 65, and 70 pound barbell for 10 reps
- Face down incline dumbbell curl
 - 3 sets of 10 reps with 30 pounders

FOREARMS

- Barbell wrist curl
 - 3 sets with 100 pounds for 12 reps
- Barbell reverse curl
 - 2 sets with 70 pounds for 10 reps

ABS

- Superset
 - Incline knee-in
 - Crunches
 - Both 2 sets of 50 reps
- Hyperextensions
 - 20 reps



OCTOBER 2

WORKOUT 142

The following day I did a leg workout at Gold's from 9:30 to 10:30 P.M.. The next morning I weighed 198 pounds.

THIGHS

- Leg extension
 - 160 pounds for 12 reps, 180 for 10, 200 for 9
- Lunges
 - 60, 70, and 80 pounds for 10 reps
- Leg curl
 - 80 pounds for 10 reps, 90 for 10, 100 for 8
- Donkey calf raise
 - With a 220-pound rider
- 5 sets of 20 reps

ABS

- Superset
 - Knee-ins
 - Crunches
 - Both two sets of 50 reps
- Hyperextensions
 - 20 reps

OCTOBER 4

WORKOUT 143

My next workout came two days later in Palm Springs after relaxing and sunning in this cooler October weather. For 7 to 8 P.M I hit chest-shoulders-triceps. A few days later Christine did her best deadlifting, a 360-pound top deadlift from knees up on power rack and two reps with 270 pulled up from the floor – surely with one rep she could have even done more.

- Low incline bench press
 - 135, 185, and 205 pounds for 10 reps
- Dips
 - Slow negative weighted 20 pounds for 8 reps, 30 for 7, 40 for 6
- Cable crossover
 - 60 pounds for 10 reps, 70 for 10, 80 for 9

DELTS

- Dumbbell press
 - 50 pounds for 12 reps, 60 for 10
- One-arm side cable raise
 - 15, 20, and 25 pounds for 10 reps each arm, no rest between sets
- Bent over rear delt cable raise
 - 15 pounds for 12 reps, 20 for 11, 25 for 10, 15 for 10
- Dumbbell pullover
 - Two sets of 12 reps with 85 pounds
- One-arm dumbbell extension
 - 30 pounds for 10 reps, 35 for 10, 40 for 8
- EZ bar seated overhead extension
 - Two sets of 10 reps with 80 pounds
- One-arm cable kickback
 - 30, 30, and 25 pounds for 10 reps nonstop each arm

OCTOBER 6

WORKOUT 144

Feeling great, I begin a back-biceps-forearm workout at 8 P.M. starting with:

BACK

- Front pulldown
 - 160, 180, and 200 pounds for 10 reps
- Low cable row
 - 160, 170, and 180 pounds for 10 reps
- One-arm dumbbell row
 - 80, 85, 90 pounds for 10 reps
- Close grip pulldown
 - 130, 150, and 160 pounds for 10 reps

BICEPS

- Alternate dumbbell curl
 - 35, 40, and 45 pounds for 10 reps
- Preacher cable curl
 - 100 pounds for 12 reps, 110 for 11, 125 for 7
- Low incline curl
 - 30 pounds for 10 reps, 35 for 7, 40 for 7

FOREARMS

- Barbell reverse curl
 - 70 and 70 pounds for 10 reps
- Wrist curl
 - 90 and 90 pounds for 15 reps

ABS

- Incline leg raise
 - 4 sets of 25 reps
- Crunches
 - 4 sets of 25 reps
- Treadmill
 - 12 minutes

OCTOBER 7

WORKOUT 145

The next day I rode my bike for 30 minutes in the cool morning dawn of late October. Then after relaxing a bit, I ate three soft boiled eggs on two pieces of toast with coffee. An hour later I went into my gym for a leg workout.

- Leg extension
 - 160 pounds for 15, 180 pounds for 12, 200 pounds for 10
- Lunge
 - 70, 80, and 90 pounds for 12
- Leg curl
 - 80, 90, and 100 pounds for 10

CALVES

- One-legged raise
 - Holding 20, 30, and 40 pound dumbbell for 15
- Seated calf raise
 - 3 sets of 15 reps with 100 pounds
- Donkey calf raise
 - 3 sets of 15 reps with 240 pounds

ABS

- Superset
 - Incline leg raise
 - Crunches
 - Both 3 sets of 30 reps
- Seated twists
 - 100 nonstop reps

OCTOBER 8

WORKOUT 146

Next day from 9 to 11 A.M. I worked chest-shoulders-triceps with a powerlifting friend who had bench pressed 620 pounds. His presence pushed my poundages:

CHEST

- Bench press
 - 140 pounds for 12 reps, 190 for 9, 230 for 5, 250 for 2, 270 for 1 with real slow negatives
- Low incline press
 - 140 pounds for 10 reps, 180 for 6, 200 for 3, with slow negatives
- Dumbbell press
 - 60 pounds for 10 reps, 65 for 8, 70 for 6
- Dumbbell fly
 - 45 pounds for 10 reps, 55 for 9, 60 for 8
- Dumbbell pullover
 - Lying across flat bench
 - 75, 80, and 85 pounds for 10 reps

TRICEPS

- Dumbbell kickbacks
 - 25 pounds for 15 reps, 30 for 12, 35 for 10
- One-arm dumbbell extension
 - 35 pounds for 10 reps, 40 for 9, 45 for 7
- Pressdown
 - 80 pounds for 15 reps, 100 for 12, 110 for 10

DELTS

- Bent over rear delt cable raise
 - 10 pounds for 15 reps, 15 for 12, 15 for 12
- One-arm side cable raises
 - 15 pounds for 12 reps, 20 for 11, 20 for 10, nonstop each arm

ABS

- Pulley knee-in
 - With weight around my ankles of 35 pounds for 30 reps, 40 for 25, 45 for 25, 50 for 20
- Crunches
 - 3 sets of 30 reps
- Hyperextensions
 - 20 reps
- Seated twists
 - 100 reps

OCTOBER 10

WORKOUT 147

Back in the summer 1969, I did one of my first workouts with Arnold, the best training partner around. We trained chest-back.

WARM-UP

- Cleans and overhead presses
 - 2 sets of 15 reps on 70 and 80 pounds

CHEST

- Bench press
 - 135, 185, 225, 255, and 275 pounds for 8 to 10 reps
- Front chin
 - 5 sets of 10 reps
- 35-degree incline barbell press
 - 135, 185, 225 pounds for 8 to 10 reps
- Dumbbell fly
 - 3 sets of 10 reps with 60 pounds
- Dumbbell pullover across the bench
 - 90, 100, 105, and 110 pounds for 10 reps
- Cable crossover
 - 3 sets of 12 reps, with little rest between sets, all the time doing doorway stretch
- T-bar row
 - 3 45-pound plates on the end of the Olympic bar for 3 sets of 10 reps
 - Arnold used 4, 5, and 6 plates
- Low cable row
 - 170, 180, and 190 pounds for 10 reps
- One-arm dumbbell row
 - 90, 95, and 100 pounds for 10 reps
- Behind neck pulldown
 - 3 sets of 10 reps with 180, 190, and 200 pounds

ABS

- Crunches
 - 100 reps
- Seated twists
 - 100 reps
- Flat leg raise
 - 2 sets of 50 reps

OCTOBER 12

WORKOUT 148

My heaviest squatting day ever came training with Arnold five weeks before the 1972 Mr. Universe contest in London. here's what we did in late August at Gold's Gym, Pacific Street, Venice. The next day my lower back and right knee were really sore.

- Leg extensions
 - 2 sets of 12 reps
- One-leg back stretch
- Leg curl
 - 2 sets of 12 reps
- Squats
 - 135, 185, 225, 285, 315, 365, and 405 pounds for 10 reps
 - Arnold did same weights but with 8 reps on his last set
- Leg extensions
 - 3 sets of 10 reps
- Leg curl
 - 3 sets of 10 reps
- Leg press
 - 3 sets of 10 reps
- Hack squats
 - 3 sets of 10 reps

CALVES

- Donkeys
 - Each other on lower back
 - Holding 50-pound plate for 5 sets of 20 reps
- Standing calf raise
 - 3 sets of 15 reps with heavy weight
- Seated calf raise
 - 3 sets of 15 reps with 125 pounds
 - Arnold used more

ABS

- Crunches
 - 100 reps
- Leg raises
 - 100 reps
- Twists
 - 100 reps

OCTOBER 14

WORKOUT 149

I did delts-arms training for the 1970 Mr. Universe in London. Arnold was preparing for his first Olympia win, and Dave Draper and Franco Columbu were in the gym.

WARM-UP

- Barbell cleans and press
- Two sets of 12 reps, then moving down the dumbbell rack did the following nonstop sets

DELTS

- Dumbbell presses
 - 60, 55, 50, 45, 40, and 35 pounds for 8 to 10 reps
 - After a few minutes rest, did it again, then again
- Press behind neck
 - A few sets at 135 pounds for 10 reps
- Dumbbell side raises
 - 25, 30, and 35 pounds for 10 reps
- One-arm side raises
 - 3 non-stop sets of 12 reps with 20 pounds each arm
- Bent over rear delt cable raises
 - 3 sets of 12 reps with 25 pounds

ARMS

- Superset
 - Dumbbell concentration curl
 - 35, 40, 45, and 50 pounds for 10 reps
 - One-arm dumbbell extension
 - 35, 40, 45, and 50 pounds for 10 reps
- Superset
 - 45-degree incline dumbbell curl
 - 4 sets of 10 reps with 35 pounds
 - Triceps pressdown on lat machine
 - 4 sets of 10 reps

Arnold's arms were huge, pumped and round

FOREARMS

- Barbell reverse curl
 - 3 sets of 10 reps with 80 pounds
- Barbell wrist curl
 - 3 sets of 10 reps with 135 pounds

ABS

- Crunches
 - 100 reps
- Leg raises
 - 100 reps
- Seated twist
 - 100 reps



OCTOBER 16

WORKOUT 150

I trained for Mr. America during the summer of 1968 in my St. Petersburg Florida, home gym (200 square feet adjacent to patio pool) for 6 days a week with simple equipment: dumbbells, preacher bench, barbell, squat rack, dip bar, lat machine, crude leg curl/extension. I did a two-way split routine: Day One: back, biceps, forearms, thighs, calves; Day Two: chest shoulders, triceps, abs. I also trained at Harry Smith's gym 20 miles away in Tampa.

BACK

- Front pulldown
 - 3 sets of 10 reps
- T-bar row
 - 3 sets of 10 reps
- One-arm cable row
 - 3 sets of 10 reps each arm

BICEPS

- Alternate dumbbell curl
 - 3 sets of 10 reps
- Preacher bench curl
- Heavy weight with EZ curl bar
 - 3 sets of 10 reps

FOREARMS

- Barbell reverse curl
 - 3 sets of 15 reps
- Wrist curl
 - With Olympic bar
 - 135 pounds for 3 sets of 15 reps

THIGHS

- Leg curl
 - 3 sets of 10 reps
- Leg extension
 - 3 sets of 10 reps
- Squats
 - 4 sets for 8 to 10 reps working up to 375 pounds
- Stiff-legged deadlift
 - 3 sets of 10 reps to stretch hamstrings

CALVES

- Standing calf raise
 - 4 sets of 15 reps
- Seated calf raise
 - 4 sets of 15 reps

OCTOBER 18

WORKOUT 151

In the fall of 1968, I found myself teaching math in Tarpon Springs, Florida, in an old junior high school. It was so hot in September that the only place I could cool off was during my daily air conditioned hour-drive on Interstate 19 in my 1965 Chevy Nova. I couldn't wait to get home, float in my pool, eat, and begin three hours of heavy chest-shoulder-triceps training. Today I'd use lighter weights and slower negatives with less rest between sets.

CHEST

- Bench press
 - Bouncing out reps
 - 5 or 6 sets working up to 10 reps with 300 pounds
- Incline dumbbell press
 - 5 sets of 8 to 10 reps ending with 110-pound dumbbells
- Parallel dips
 - With added weight around my waist
 - 4 sets of 8 to 10 reps up to 150 pounds
- Dumbbell fly
 - 4 sets of 10 reps ending with 70 pounders
- Dumbbell pullover across bench
 - 4 sets of 10 reps ending with 100-pound dumbbell

DELTS

- Press behind neck
 - Up to 200 pounds for 8 reps on my fourth set
- Dumbbell side raises
 - 4 sets of 10 reps up to 40 pounders
- Bent over dumbbell rear delt raises
 - 4 sets of 10 reps with 25-pound eights

TRICEPS

- Pressdown
 - 5 sets of 10 reps
- One-arm dumbbell extension
 - 3 sets of 10 reps
- Reverse triceps dip
 - 3 sets of 20 reps with no weight

ABS

- Roman chair situps
 - 200 reps
- Leg raises
 - On flat bench
 - 4 sets of 50 reps
- Seated twists
 - 200 reps



OCTOBER 21

WORKOUT 152

The year 1965 was the beginning of my real competitive bodybuilding career. During the summer, I was going to Old Dominion College in Virginia Beach for nights a week studying geology and astronomy. I trained with Jim Haislop at the American Health Club in Norfolk six days a week starting at 10 A.M. after a breakfast of one dozen soft boiled eggs and a quart of orange juice. We did the old Ironman routing which Haislop said had worked well for him with his calves like Steve Reeves. I learned that you must take your calf exercises to a burn in order to grow. I did back-biceps-forearms-thighs-calves on Monday, Wednesday, Friday, and chest-shoulders-triceps on Tuesday, Thursday, Saturday. I remember a typical summer day when we did:

- Front chin
 - 3 sets of 10 reps
- Pulldown behind neck
 - 3 sets of 10 with 200 pounds
- T-bar row
 - 3 45-pound plates at the end, 3 sets of 10 reps
- One-arm dumbbell row
 - 100 pounds for 3 sets of 10 reps

BICEPS

- Alternate dumbbell curl
 - 50 pounds for 3 sets of 10 reps
- One-arm dumbbell concentration curl
 - 40 pounds for 3 sets of 10 reps
- Incline dumbbell curl
 - 35 pounds for 3 sets of 10 reps

FOREARMS

- Reverse curl
 - 100-pound barbell for 3 sets of 10 reps
- Wrist curl
 - 3 sets of 15 reps with 135 pounds

LEGS

- Squats
 - 135, 185, 225, 275, 315, 355 pounds for 10 reps
- Leg extension
 - 3 sets of 10 reps
- Leg curl
 - 3 sets of 10 reps with a comfortable weight
- Standing calf raises
 - 15 reps alternating each leg like in a walking motion, then did reps with both legs simultaneously to an extreme burn

ABS

- Flat bench leg raise
 - 4 sets of 25 reps
- Roman chair situps
 - 100 nonstop reps
- Seated twists
 - 100 reps

OCTOBER 23

WORKOUT 153

During a hot muggy summer in August of 1965 in Norfolk, Virginia, I did a chest-shoulder-triceps workout. After the workout, I drove around in my misty green 1958 Chevy to the Giant Supermarket where I bought a two-pound thick T-bone steak. For 50 cents more, they grilled it medium rare and I ate it with a baked potato. That summer my bodyweight shot up from 185 to 205 pounds from all the heavy training and eating.

CHEST

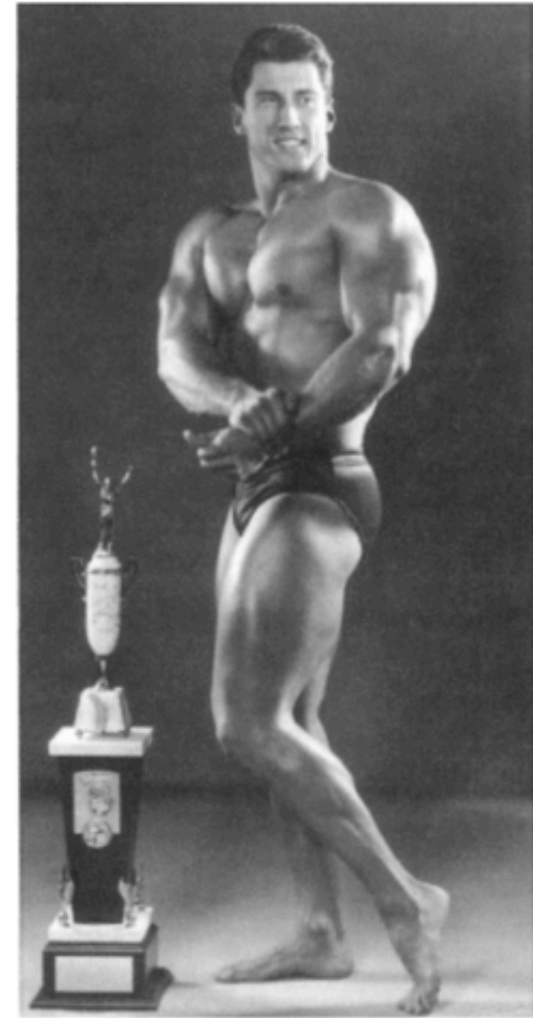
- Bench press with a very wide grip
 - Working up to 295 pounds for 10 reps
 - It wasn't long before my shoulders began to hurt from the stress of that wide grip, so I switched to a shoulder-width grip instead which lead to dropping my poundages)
- 45-degree incline dumbbell press
 - 3 sets of 10 reps with 115-pound dumbbell
- Dumbbell fly
 - 50, 60, and 70 pounds for 10 reps each set
- Dumbbell pullover across bench
 - 90, 100, and 110 pounds for 10 reps
- Seated dumbbell front press
 - 3 sets of 10 reps with 70 pounds
- Dumbbell side raises
 - 40, 45, and 50 pounds for 10 reps
- Bent over rear delt raises
 - 25, 30, and 35 pounds for 10 reps
- Dumbbell upright row
 - 3 sets of 10 reps with 50 pounders

TRICEPS

- Pressdown
 - 90 pounds for 3 sets of 10 reps
- Lying triceps extension
 - 3 sets of 10 reps with 100 pounds
- One-arm dumbbell kickback
 - 3 sets of 10 reps with 90 pounds

ABS

- Leg raise (on flat bench)
- Roman chair situp
 - Both 4 sets of 25 reps
- Seated twist
 - 100 reps
- Hyperextension
 - 2 sets of 15 reps



OCTOBER 26

WORKOUT 154

Living and teaching school in New Jersey 1965-66

won twenty trophies in one year

height class Mr. Universe, Mr. Eastern America

Mr. North America and lots of body part awards, best legs, best poser

remember training in the garage of the house where I was staying

in winter 20 degrees in gloves and overcoat below freezing, it was hard to

get a good pump

so started training in school locker room, kept my weights

locked in a trunk, had everything I need for heavy workouts.

One day worked legs and after five sets of heavy calf raises

with a wooden machine I'd made attached to the wall

I did three sets of 20 reps in the full squat with 325 pounds

collapsing after each set breathless on the floor

after 10 minutes got up and did more

also did three sets of hacks holding 35-pound dumbbells for 10 reps

and stiff-legged deadlift 100 pounds three sets of 10

then drove to where I lived in my light blue

new 1966 Mustang, opened the door, stepped out

stood up, legs cramped, collapsed

lay there a half hour before I could move

got up, my rest period had lapsed

though it was time for my next set of squats.

OCTOBER 28

WORKOUT 155

During the winter of 1965, I worked out in a New Jersey garage wearing sweat pants, two T-shirts, a sweat jersey, gloves (I found it hard to hold a cold dumbbell without them), a scarf, and an overcoat. I could see my breath so I did the training with little rest between sets to avoid freezing. All I had were three pairs of adjustable dumbbells and an adjustable incline bench. I did chest-shoulders-triceps:

- Incline dumbbell press
 - 3 sets of 10 reps with 90, 100, and 110 pounds
- Dumbbell fly
 - 3 sets of 10 reps with 60, 65, and 70 pounds
- Dumbbell pullover
 - 3 sets of 10 reps with 100 pounds
- Seated dumbbell press
 - 10 reps with 55, 60, and 65 pounds
- Dumbbell side raises
 - 12 reps with 30, 35, and 40 pounds
- Bent over dumbbell rear delt raises
 - 3 sets of 12 reps with 25 pounds
- Seated triceps extension
 - 3 sets of 10 reps while holding a 90-pound dumbbell with two hands
- One-arm seated triceps extension
 - 3 sets of 10 reps with 40 pounds
- Dumbbell kickback
 - 3 sets of 12 reps with 30 pounds
- Superset
 - Leg raise
 - Crunches
 - Both 3 sets of 30 reps

OCTOBER 30

WORKOUT 156

In the summer of 1964, I was just out of college and looking for a teaching job in Pennsylvania. I found it in Hamburg. I taught six classes a day of algebra, geometry, trigonometry – a lot of lonely work for only \$4500 a year. I formed a bodybuilding club with 4000 pounds of weights donated by the local iron foundry. Some kids in the club build a lat machine, and I brought in lots of muscle magazines. After school one day, I did the following back-biceps-forearms workout finishing by 5 P.M., then drove my '57 Plymouth 20 miles south to my home in Reading, PA above a health studio.

- Front pulldown
 - 170, 180, and 190 pounds for 10 reps
- T-bar row
 - 130, 140, and 150 pounds for 10 reps
- One-arm dumbbell row
 - 90 pounds for 3 sets of 10 reps with one-arm lat stretch
- Shrugs
 - 3 sets of 12 reps with 100 pound dumbbells

BICEPS

- Alternate dumbbell curls
 - 40, 45, and 50 pounds for 10 reps
- One-arm dumbbell concentration curl
 - 3 nonstop sets of 10 reps with 35 pounds
- Incline dumbbell curl
 - 35 pounds for 10 reps, 40 for 9, 40 for 8

FOREARMS

- Barbell reverse curl
 - 80, 100, and 110 pounds for 10 reps
- Barbell wrist curl
 - 3 sets of 15 reps with 135 pounds

ABS

- Leg raise
 - 4 sets of 25 reps
- Roman chair situps
 - 100 reps
- Seated twists
 - 100 reps
- Hyperextension
 - 2 sets of 20 reps

NOVEMBER 1

WORKOUT 157

During my senior year in college I slept on massage table at Figure Tone Health Studio in Wilkes-Barre, Pa. I got up early, made breakfast, walked to class every day. In my '53 Dodge, I drove home, took a nap, studied until 9 P.M., then drove back to health studio where I trained with big bulked-up manager who sold memberships to women who couldn't say no. One evening we did the following quick-paced moderate weights leg workout, and afterwards my legs went numb for the first time.

- Leg extension
 - 5 sets of 10 reps
- Leg press
 - 5 sets of 10 reps
- Hack squat
 - 5 sets of 10 reps
- Leg curl
 - 5 sets of 10 reps
- Donkey calf raises
 - 10 sets of 20 reps
- Tri-set
 - Leg raise
 - 4 sets of 50 reps
 - Roman chair situps
 - 4 sets of 50 reps
 - Seated twist
 - 4 sets of 50 reps

NOVEMBER 4

WORKOUT 158

In the days before formal organized split routine training, I sometimes worked my whole body in one day especially when training for powerlifting or “odd lifting” as it was called then since the lifts were different from the three Olympic lifts. I had wished they would include the squat in our contest because I was a good squatter even then and no doubt could have squatted 400 pounds or more for one rep. I had always done sets of 10 reps with at least 300 pounds, but that wasn't about being a good deadlifter. Here's my last workout before the Mr. Keystone State meet:

- Olympic bar curl
 - 65 pounds for 10 reps
 - 85 for 6
 - 115 for 3
 - 1 rep with 135, 145, and 155 pound without cheating or excess swinging
- Bench Press
 - 135 pounds for 10 reps
 - 165 for 6
 - 195 for 3
 - 1 rep with 225, 245, 255, and 265 pounds
- Deadlift
 - 135 pounds for 10 reps
 - 185 for 6
 - 225 for 5
 - 275 for 3
 - 1 rep with 315, 355, 380, and 400 pounds
 - This was the most I ever did prior to the meet

But that night in front of the audience I discovered a power inside me that made me stronger. Confident, I made all three attempts on each lift: curl 145, 155, 165 pounds; bench press 255, 267, 275 pounds; and deadlift 375 pounds, then 400 went t up easy. I knew I couldn't win first but I was a sure second. So I took 425 pounds for my final deadlift attempt and it went up so easily I said to myself, “I can't believe how strong I am today.” Happy with a second place finish, I went back to my regular pace of studying and training but hurt my lower back in deadlift training

six months later. Consequently, I lost my ambition and bombed out in bench press in a YMCA contest. After that I concentrated on bodybuilding competition.



NOVEMBER 7

WORKOUT 159

I was too naïve to be discouraged. Finishing last fueled my training for the 1961 Teen Age Mr. America being held in York, PA. Though at 18 I had another year left in this contest but I was going to do my best to win it this year. I already had the posing trunks and the posing routine down cold so I could feel confident about winning. I trained hard at the Wilkes Barre YMCA and Bob's Gym with a two-day split routine: Day One was upper body, and Day Two was legs, abs, and basketball. It was the end of my freshman year and I worked at Wilkes College library for a salary of 75 cents an hour. It felt as if I were working for free but I scrimped and saved my money for a bus trip to New York and placed third that day – winning my first bodybuilding trophy. Here's what I did in my upper body training at the YMCA on June 3, 1961.

- Bench press
 - 135 pounds for 10 reps, 185 for 8, 225 for 6
- Front chin
 - 3 sets of 10 reps with a wide grip
- Dumbbell pullover
 - 75 pounds for 3 sets of 10 reps
- Dumbbell flys
 - 3 sets of 10 reps with 40 pounders
- Barbell clean
 - 100 pounds for 10 reps, 1120 for 8, 140 for 6
- Front press
 - 100 pounds for 10 reps, 120 for 8, 140 for 6
- Dumbbell side raises
 - 3 sets of 10 reps with 35 pounds
- Bent over rowing
 - 100 pounds for 10 reps, 120 for 8, 140 for 6
- Reverse dips
 - 3 sets of 10 reps with a 45-pound plate on my lap, feet on a bench straight out in front of me
- Barbell curl
 - 100 pounds for 3 sets of 10 reps
- Wrist curl
 - 100 pounds for 3 sets of 10 reps

NOVEMBER 8

WORKOUT 160

I was training six days a week for the Teen Age Mr. America contest. The next day was Day Two of my split routine, so I worked legs and abs at Bob's Gym, which had a leg curl and leg extension machine I had not seen at the YMCA. Afterwards I drove home, ate, read, relaxed a bit, then hitch-hiked to the Y where I sunbathed from 1 to 3 P.M. up on the sunroom. Then I checked out a basketball and played full court basketball solitaire in the gym, dribbling and shooting hoops, thinking all I can do is win.

- Squats
 - 135, 185, 225, 275, and 315 pounds for 10 reps
- Leg extension
 - 3 sets of 10 reps
- Leg curl
 - 3 sets of 10 reps
- Standing calf raises
- One the calf machine
 - 6 sets of 15 reps
- Donkeys
 - With a 200 pound rider
 - 4 sets of 15 reps
- Roman chair situps
 - 100 reps
- Leg raises
 - 4 sets of 25 reps

NOVEMBER 12

WORKOUT 161

My earliest recorded workout comes from my 1959 diary. I spent the summer before my senior year in high school as an archery instructor at Camp Acahela Boy Scout camp in Blakeslee, PA. Because of a lot of practice, I could hit the 6-inch bullseye every time at 30 yards with my 50-pound pull Root recurve bow shooting aluminum arrows. On alternate days, I'd practice kicking a football loaned to me by Coach Cimasky with my cleated shoes. I was able to get off 80-yard long spirals which seemed to assure my place as punter on Edwardsville High School football team. I built my bodyweight up to 160 pounds by drinking lots of milk. This was where I ate and stayed, training with my one-dumbbell gym kept by my bed in the bunkhouse under my bench. On weekends, I'd hitchhike 25 miles to home carrying my 55-pound gym in a pillow case. I worked out three days a week with the following routine;

- One-legged squats
 - 3 sets of 10 reps holding a 25 pound dumbbell in one hand, standing on a bench with one leg
- One-legged calf raises
 - 3 sets of 15 reps
- Sissy squat
 - No weight for 3 sets of 20 reps
- One-arm dumbbell row
 - 55 pounds 3 sets of 10 reps
- Good morning exercise
 - Same weight on my back
- One-arm press
 - 3 sets of 10 reps with 45, 50, and 55 pounds
- Dumbbell pullover
 - Lying across the bench
 - 3 sets of 10 reps with 55 pounds
- One arm rubber cable crossover
 - With one end of my cable attached to the knob on a door
- 21 curl with a swingbell
 - A dumbbell bar with all the plates in the middle
 - 3 sets with 30 pounds, 7 reps from bottom to halfway
 - 7 reps from half way to top
 - Then 7 full reps
- One-arm dumbbell extension
 - 3 sets of 10 reps with 25 pounds
- Superset
 - Half situps
 - Leg raises
 - Both 3 sets of 25 reps
- Seated twists
 - 100 reps with a pole on my shoulders
- Skipped rope for 5 minutes

NOVEMBER 13

WORKOUT 162

Aside from my new dumbbell set, I accumulated other equipment: 20-pound solid iron railroad car wheels, 30-pound large iron pulley wheel, and flywheels from an auto junkyard. They all fit on a six-foot iron bar placed on a wooden squat rack. On a typical day I'd do

- Bench press
 - 3 sets of 10 reps
- Wide-grip top deadlift
 - From the bench
- Pullover with swingbell
 - Lying across a giant curved log
 - Stretched my ribcage and gave me foundation to develop a great serratus
- Flies and pullover combination
- Around-the-world dumbbell exercise
 - 3 sets of 10 reps
- Dumbbell side raise
 - 3 sets of 10 reps
- Seated dumbbell curl
 - 3 sets of 10 reps
- Kickbacks
 - 3 sets of 10 reps

LEGS

- Squats
 - 3 sets of 10 reps working up to 300 pounds
- Stiff-legged deadlift
 - A few sets for hamstrings
- Donkey calf raise
 - 3 sets of 15 reps
 - Sitting on my back was my brother Adam, who had inherited my mother's great calves

ABS

- Situps
 - 100 reps
- Leg raise
 - 100 reps
- Seated twist
 - 100 reps

NOVEMBER 15

WORKOUT 163

I began doing hatha Yoga at age 16. I would get up early each morning and assume the postures, stretching, relaxing, and breathing deep. Then I'd sit in a lotus posture upright and master the Pranayama breath control exercise, then meditate on breathing watching the flow of my thinking. All this took a half hour. I'd eat and a little later go running in Larksville Mountain. I'd run up, run across the top, run down – six miles in all. By the fall I was doing it quickly, not even taxing my breathing. Some people wondered why I ran when I wasn't even going out for football. At least I was getting into the altered state caused by endorphin release. It got to the point that I could keep running and not become fatigued. I had so much endurance that it was scary... so I stopped. I got more into weight training with my simple routing using dumbbells, a barbell, and a bench.

- Clean and overhead dumbbell press

- 2 sets of 10 reps

- Barbell row

- 2 sets of 10 reps

- Close grip bench press

- 2 sets of 10 reps

- Dumbbell side raises

- 2 sets of 10 reps

- Alternate dumbbell curl

- 2 sets of 10 reps

- Dumbbell kickback

- 2 sets of 10 reps

- Barbell reverse curl

- 2 sets of 10 reps

- Barbell front squat

- 2 sets of 10 reps

- One-legged calf raise

- 2 sets of 15 reps

- Superset

- Leg raise

- Crunches

- Both 2 sets of 30 reps

- Seated twist

- 100 reps

WORKOUT 164

BACK

- 2 arm lat stretch
 - Do it between sets
- Front pulldown
 - 12 reps, increase weight, 10 reps
- Bent over rear deltoid dumbbell raise
 - 12 reps, 10 reps
- Rear deltoid stretch
- Seated low cable row
 - 12 reps, 10 reps
- 2 arm lat stretch
- Dumbbell shrug
 - 12 reps, 10 reps
- One arm shoulder stretch
- One arm dumbbell row
 - 12 reps, 10 reps
- One arm lat stretch

CHEST, DELTS

- 70 degree incline dumbbell press
 - 12 reps, 10 reps
 - Doorway stretch after each set to pullovers
- 30 degree incline dumbbell press
 - 12 reps, 10 reps
- 5 degree decline dumbbell fly
 - 12 reps, 10 reps
- Dumbbell pullover
 - 12 reps, 10 reps
- One arm shoulder stretch
- Dips
 - 12 reps, 10 reps
- Abdominal crunches
- 30 reps, one leg up stretch
 - 2 arm side raise 12 reps, 10 reps
- Crunches
- Hanging knee ups
 - 30 reps each

WORKOUT 165

ARMS

Training for the 1976 Olympia gave me an opportunity to practice one of the best as well as the simplest arm workouts. Two afternoons a week I'd take my one 60 pound adjustable dumbbell and flat wooden bench Dave Draper had made for me and do this:

- One arm dumbbell concentration curl
 - 5 sets of 8 to 12 reps increasing weight each set
- One arm seated dumbbell curl
 - 5 sets of 8 to 12 reps increasing weight each set
- One arm dumbbell kickback
 - 5 sets 10 to 15 reps increasing weight each set
- One arm dumbbell triceps extension
 - 5 sets 8 to 12 reps increasing weight each set

Since I worked each arm separately it took me over an hour to do the 40 total sets, it was 10 sets biceps and 10 sets triceps each arm. Working arms this way enabled me to really focus on only one area at a time, something you couldn't do with simultaneous 2 arm exercises. This enhance concentration pushed my arm development to heights and my arms were my best ever.

NOVEMBER 20

WORKOUT 166

Using light weights for a quick one set of 10 to 15 rhythmic reps with slog negatives, I'd pump up my muscle memory to reactivate the more dormant neuro-muscular pathways. Between the following exercises, I'd do two or one arm lat stretches for 15 seconds:

- Front pulldown
 - 150 pounds for 12 reps
- Cable crossover behind neck
 - 40 pounds for 15 reps
- Low cable row
 - 140 pounds for 12 reps
- Reverse pec deck
 - 55 pounds for 12 reps
- Close grip pulldown
 - 140 pounds for 12 reps
- Dumbbell shrug
 - 55 pounds for 12 reps
- One-arm dumbbell row
 - 70 pounds for 12 reps
- Pronated arms back stretch between sets of exercises

BICEPS

- One-arm dumbbell concentration curl
 - 30 pounds for 12 reps
- Alternate dumbbell curl
 - 30 pounds for 12 reps
- Face down incline dumbbell curl
 - 25 pounds for 15 reps
- Preacher cable curl
 - 70 pounds for 12 reps

FOREARMS

- Barbell reverse wrist curl
 - 35 pounds for 12 reps
- Barbell wrist curl
 - 50 pounds for 20 reps
- Gripper
 - 15 reps, shook out my hands so it would be easier to do

ABS

- Hanging knee-ups

- 30 reps
- Crunches
 - 30 reps
- One-arm cable curl
 - 70 pounds for 20 reps each arm
- Hyperextension
 - 20 reps

NOVEMBER 22

WORKOUT 167

To keep a trim waistline, I prioritize abs by working them first before lunch, followed by a leg workout. The only rest I'd take would be to enhance my flexibility between the leg exercises and to do stretches with one-leg back and one-leg up. Afterwards, perspiring profusely, I was hardly able to walk – thank God it wasn't hot outside.

ABS

- Hanging knee-ups
 - 25 reps
- Crunches
 - 35 reps
- One-arm cable crunches
 - 20 reps with 70 pounds
- Seated twist
 - 50 reps
- Incline leg raise
 - 30 reps
- Two-arm cable crunch
 - 20 reps with 80 pounds
- Hyperextensions
 - 20 reps

LEGS

- Leg extension
 - 120 pounds for 12 reps
- Leg curl
 - 70 pounds for 12 reps
- Leg press
 - 180 pounds for 12 reps
- Leg Blaster squat
 - 135 pounds for 10 reps
- Hip machine
 - 90 pounds for 12 reps
- Standing one legged curl
 - 40 pounds for 12 reps
- Standing calf raise
 - With my Leg Blaster
 - 135 pounds for 20 reps, holding 5 seconds at the top hot burn
- Leg press calf raises
 - 15 reps with 180 pounds
- Seated calf raise
 - 80 pounds for 15 reps
- Donkey calf machine

NOVEMBER 24

WORKOUT 168

With doorway stretch and one-arm lat stretch between sets, I did the following workout.

CHEST AND FRONT DELTS

- 60-degree incline dumbbell press
 - 45 pounds for 12 reps
- 30-degree incline barbell press
 - 120 pounds 10 slow reps
- Pec deck
 - 130 pounds for 12 reps
- Dip machine
 - 150 pounds for 12 reps
- Pullover machine
 - 140 pounds for 12 reps

TRICEPS, REAR AND SIDE DELTS

- Rear delt machine
 - 90 pounds for 15 reps
- Pressdown
 - 65 pounds for 12 reps
- One-arm dumbbell triceps extension
 - 30 pounds for 10 reps
- One-arm dumbbell side raise
 - 20 pounds for 12 reps
- Overhead triceps cable extension
 - 50 pounds for 12 reps
- Pronated dumbbell side raise
 - 12 pounds for 12 reps

ABS

- Hanging knee-ups
 - 30 reps
- Crunches
 - 50 reps
- One-arm cable crunch
 - 20 reps with 70 pounds
- Hyperextension
 - 20 reps, followed by a one-leg up stretch

NOVEMBER 28

WORKOUT 170

I trained abs and legs today with a client in the gym at 11 A.M.:

- Superset
- Hanging knee-ups
- Crunches
- Both two sets of 30 reps
- Superset
- One-arm cable crunch
- 70 pounds for 20 reps, 80 for 20 each arm
- Hip machine
- 90 pounds for 15 reps, 100 for 15 each leg
- Seated twists
- 100 reps
- THIGHS
- Superset
- Leg extension
- 150 pounds for 12 reps, 160 for 10
- Leg curl
- 80 pounds for 12 reps, 90 for 10
- The usual stretches in between
- Leg press
- 200 pounds for 12 reps, 220 for 10
- Leg Blaster squat
- 125 pounds for 12 reps, 145 for 10
- CALVES
- Calf raises on leg press
- Two sets of 15 reps, holding each rep for five seconds at the top
- Donkeys
- Two sets of 15 reps, holding each rep for five seconds at the top
- Seated calf raises
- Two sets of 15 reps, holding each rep for five seconds at the top

NOVEMBER 30

WORKOUT 171

I do a chest-shoulder-triceps workout today with a doorway stretch and a one-arm shoulder stretch between sets.

- 30-degree incline barbell press
 - 120 pounds for 12 reps, 140 for 10 with slow negatives
- 75-degree incline dumbbell press
 - 40 pounds for 12 reps, 45 for 8
- Pec deck
 - 115 pounds for 12 reps, 130 for 10, 145 for 6
- Dip machine
 - 150 pounds for 12 reps, 160 for 10
- Dumbbell pullover
 - 70 pounds for 12 reps, 80 for 10
- Superset
 - Pressdown
 - 65 pounds for 12 reps, 75 for 10
 - Rear deltoid machine
 - 100 pounds for 12 reps, 110 for 10
- Superset
 - One-arm dumbbell triceps extension
 - 30 pounds for 10 reps, 35 for 8
 - One-arm side cable raise
 - 30 pounds for 10 reps, 30 for 10
- Rowing
 - 600 meters in 3 minutes

DECEMBER 2

WORKOUT 172

I began my back-biceps forearms workout with the following abs and aerobics training

- Rowing
 - 750 meters
- Tri-set
 - Leg raise
 - Crunches
 - Seated twist
 - All three sets of 30 reps

BACK (two-arm lat stretch between supersets)

- Superset
 - Front pulldown
 - 160 pounds for 12 reps, 170 for 10, 180 for 8
 - Cable crossover behind neck
 - 40 pounds for 20 reps, 50 for 15, 60 for 10
- Superset
 - Low cable row
 - 150, 155, and 160 pounds for 10 reps
 - Dumbbell shrug
 - 80 pounds for 3 sets of 10 reps
- Superset
 - Close grip pulldown
 - 150 pounds for 12 reps, 155 for 10
 - Reverse pec deck
 - 70 pounds for 16 reps, 85 for 12
- One-arm cable row
 - 3 sets of 10 reps with 90, 100, and 110 pounds followed by a one-arm lat stretch

BICEPS AND FOREARMS

- One-arm dumbbell curl
 - 30 pounds for 12 reps, 35 for 10, 40 for 8
- Face down incline dumbbell curl
 - 30 pounds for 12 reps, 35 for 10, 40 for 8
- Preacher curl
 - 3 sets of 10 reps with 90 pounds
- Barbell reverse wrist curl
 - 2 sets with 45 pounds for 12 reps
- Barbell wrist curl
 - 2 sets with 80 pounds for 15 reps

DECEMBER 4

WORKOUT 173

I did an early morning ab-aerobic circuit, spending one minute at each station consisting of rowing, hanging knee-up, crunches, treadmill, leg raise, stationary bike, one-arm cable crunch, seated twist, two times around. It took me 20 minutes to get the effect I liked and it warmed me up for thigh work which I began with

- Hip machine
 - 90 pounds for 20 reps, 100 for 15
- Standing one-legged curl
 - 40 pounds for 12 reps, 45 for 10
- Leg extension
 - 150 pounds for 12 reps, 160 for 10
- Unlock sissy Leg Blaster squat
 - 100 pounds for 10 reps, 110 for 10
- Leg curl
 - 80 pounds for 12 reps, 90 for 10
- Leg press
 - 200 pounds for 12 reps, 220 for 10

CALVES

- Leg Blaster standing calf raise
 - 145 pounds for 12 reps, 165 for 15
- Calf raise on the leg press machine
 - 200 pounds for 15 reps, 220 for 12, holding each rep five seconds at the top
- Seated calf raise
 - One set of 15 reps with 90 pounds

DECEMBER 6

WORKOUT 174

This morning I did the following chest-shoulders-triceps training after a doorway stretch warm up:

- 15-degree incline barbell press
 - 120 pounds for 14 reps, 140 for 11, 160 for 9
- 35-degree incline dumbbell press
 - 55 pounds for 10 reps, 60 for 9, 65 for 8
- 70-degree dumbbell front press
 - 40 pounds for 12 reps, 45 for 10, 50 for 8
- Pec deck
 - 115 pounds for 15 reps, 130 for 12, 145 for 10
- Dip machine
 - 150 pounds for 12 reps, 160 for 10, 170 for 8
- Dumbbell pullover
 - 2 sets of 10 reps with 80 pounds

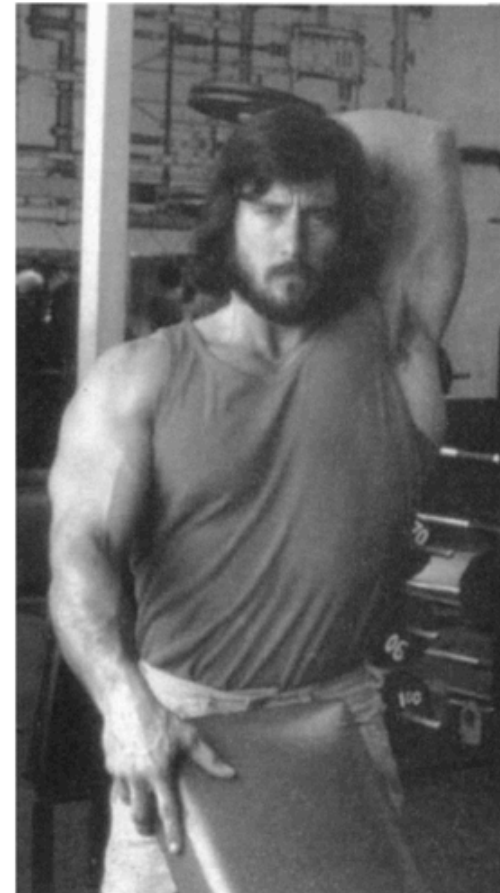
DELTS AND TRICEPS

- Superset
 - One-arm dumbbell extension
 - 30 pounds for 12 reps, 35 for 10
 - One-arm dumbbell side raise
 - 20 pounds for 12 reps, 22 for 10
- Superset
 - Pressdown
 - 70 pounds for 12 reps, 75 for 10
 - Rear delt machine
 - 100 pounds for 12 reps, 110 for 10
- Superset
 - Dumbbell kickback (face down on incline bench)
 - 22 pounds for 12 reps, 25 for 10
 - Pronated dumbbell side raise
 - 17 pounds for 12 reps, 20 for 10

ABS

- Hanging knee-ups
- Crunches
 - Both three sets of 30 reps
- One-arm cable crunches
 - 30 reps with 70 pounds
- Seated twists
 - 30 reps
- Rowed

- 1000 meters



DECEMBER 9

WORKOUT 175

- Front pulldown
 - 150 pounds for 12 reps, 165 for 10
- Cable crossover behind neck
 - 40 pounds for 20 reps, 50 for 15
- Low cable row
 - 145 pounds for 12 reps, 155 for 10
- Dumbbell shrug
 - 80 pounds for 2 sets of 15 reps
- One-arm machine row
 - 90 pounds for 12 reps, 100 for 10, two and one arm lat stretches after all sets

BICEPS

- One-arm dumbbell concentration curl
 - 35 pounds two sets of 10 reps
- Preacher cable curl
 - 80 pounds for 12 reps, 90 for 10
- Face down incline dumbbell curl
 - 25 pounds for 12 reps, 30 for 10

FOREARMS

- Reverse wrist curl
 - 40-pound fat sleeved bar two sets of 15 reps
- Wrist curl with Olympic bar
 - 80 pounds for 2 sets of 20 reps, shook out my hands

ABS

- Superset
 - Leg raise
 - Crunches
 - Both two sets of 30 reps
- Seated twist
 - 100 reps
- Rowing
 - 750 meters in 4 minutes

WORKOUT 176

LEGS, ABS

- One leg back stretch
- Leg extension
 - 12 reps, 10 reps
- Leg curl
 - 12 reps, 10 reps
- One leg up stretch
- Erect squat
 - 12 reps, 10 reps
- Leg press
 - 12 reps, 10 reps
- Standing calf raise
 - 15 reps
- Calf stretch
- Donkey calf raise or leg press calf raise
 - 2 sets of 15 reps
- Seated calf raise
 - 2 sets of 15 reps
- Leg raise
- Crunches
 - 30 reps each, 2 sets each

DECEMBER 14

WORKOUT 177

I awoke to a cool morning below 30 degrees. After breakfast at a local restaurant – past the oatmeal, please – we go window shopping, take a walk leisurely back to our cabin on the hill. Two hours later I still feel like working out, so I train my entire upper body with adjustable dumbbells and bench.

- 70-degree incline press
 - 35 pounds for 12 reps, 40 for 10
- Bent over rowing
 - 45 pounds for 2 sets of 20 reps
- 30-degree incline press
 - 2 sets of 10 reps with 45 pounds
- Dumbbell pullover
- Dumbbell flys
 - Both two sets of 10 reps with 30-pound dumbbells in each hand
- Face down incline dumbbell curls
 - 2 sets of 10 reps with 25 pounds
- Dumbbell side raises
 - 2 sets of 10 reps with 25 pounds
- Bent over lateral raise
 - 2 sets with 20 pounds for 12 reps
- Kickbacks face down on incline bench
 - 2 sets with 20 pounds for 12 reps

ABS

- Flat bench leg raise
 - 2 sets of 30 reps
- Crunches
 - 2 sets of 50 reps
- Seated twists
 - 100 reps

Then went hiking in the woods with my dog Tyler looking for new trails to explore. After dinner we left, arriving in Palm Springs just an hour later.

NOVEMBER 26

WORKOUT 179

Up at the crack of dawn, I did warm-up exercises, at breakfast, relaxed a bit, then went into my back-biceps-forearms workout.

- Riding stationary bike
 - 20 minutes
- Tri-set
 - Leg raise
 - 2 sets of 30 reps
 - Crunches
 - 2 sets of 30 reps
 - Seated twists
 - 2 sets of 30 reps

BACK

- Superset
 - Front pulldown
 - 160 pounds for 12 reps, 175 for 10
 - Cable crossover behind neck
 - 40 pounds for 20 reps, 50 for 15, two arm lat stretch between supersets
- Superset
 - Low cable row
 - 140 pounds for 12 reps, 150 for 10
 - Dumbbell shrug
 - 65 pounds for 20 reps, 75 for 15
- Superset
 - Close grip pulldown
 - 145 pounds for 12 reps, 150 for 10
 - Reverse pec deck
 - 55 pounds for 15 reps, 70 for 12
- One-arm rowing machine
 - 90 pounds for 12 reps, 100 for 10, one-arm lat stretch after each set

BICEPS

- One-arm dumbbell concentration curl
 - 30 pounds for 12 reps, 35 for 10
- Alternate dumbbell curl
 - 35 pounds for 12 reps, 40 for 10
- Preacher cable curl
 - 80 pounds for 12 reps, 90 for 10
- Face down incline dumbbell curl
 - 27 pounds for 12 reps, 30 for 10

FOREARMS

- Tri-set
 - Barbell reverse wrist curl
 - 45 pounds for 10 reps, 50 for 10
 - Barbell wrist curl
 - 70 pounds for 15 reps, 80 for 15
 - Gripper
 - 2 sets of 25 reps