

# Frank Zane's Building the Body

Summer 2012 Quarterly

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## My Favorite Super Sets

A super set consists of two exercises performed one set immediately after the other without rest. It's a great way to add variety to your workout without changing things too much. You'll get a great pump after doing this, especially after finishing the second exercise of the super set. Then you need to get a good rest, at least two minutes to allow strength to return to normal so you can do your

next super set with a little more weight. It's not how much weight you use with your exercises that matters as much as the pump you get doing the movements in good form.

Super setting can blast you out of a sticking point. But remember that you will not be as strong on the second exercise as you would

be if you were doing single sets. So use a lighter weight on the second exercise, it should be an isolation movement anyway and if you go too heavy and cheat you're missing the point.

If you've been doing single sets and working up in weight on each set, going heavier and heavier may cause some joint tenderness. When this happens it's a sign to go lighter and super set. Ideally, the first exercise in your super set

should be a compound movement, i.e. one that work a bunch of muscles at the same time, like close grip bench press. The second movement should be done immediately after the first and should be an isolation exercise like triceps press down. This is one of my favorite super sets for triceps: close grip bench press followed by triceps pressdown.

Another triceps super set favorite is parallel dip machine followed by dumbbell kickbacks. Or you can do dips

followed by pressdown or close grip bench press followed by kickbacks.

For biceps I like super setting alternate dumbbell curl with standing bar curl with rubber cable; for forearms it's super setting preacher cable curl holding tri-

ceps rope with barbell wrist curl. These are examples of super setting for the same muscle group and creates a

great pump/burn in the muscles you are working.

Other examples of same muscle super sets are dumbbell flies and cable crossover for outer pec specialization, dumbbell pullover and stiff arm pulldown for serratus anterior and ribcage, dumbbell press and dumbbell side laterals for deltoids, front pulldown and cable crossover behind neck for lats, leg curl and hyperextension for hamstrings, leg exten-



sion and leg press for quadriceps, hanging knee ups and crunches for abdominals.

A favorite super set we've been doing for triceps is pressdowns and overhead extension both with tri bells. It gives a nice grip that takes stress off my elbows.

One rule I follow is never super set a one arm movement with a two arm movement unless you want to work one side of your body harder than the other. For example I wouldn't super set 2 arm dumbbell press with one arm lateral raise because one arm gets a longer less and consequently it's not worked as intensely. This is a good way to even out your symmetry if one side is more developed than the other.

Another type of super set is the **drop set**. Here you are super setting the same exercise with itself. You might do 8 reps curling 45 pound dumbbells and then without rest drop to 35 pound dumbbells and do 7 more. This is a great way to bring out definition in an area in which you need to focus. You might even consider forced reps, where a spotter helps you do reps you aren't capable of doing by yourself, a form of super setting an exercise with itself. But drop sets are better than forced reps because they are safer and your don't have to rely on anyone but yourself. By not failing you can succeed.

Another nice super set I like for obliques is one arm cable crunch super setted with abduction on the hip machine, or with seated twist. Or you can tri set all three exercises without stopping. Abdominal training lends itself well to super sets, tri sets (three exercises in a row without rest) or giant sets (4 or more exercises in a row). Some days, for variety I might

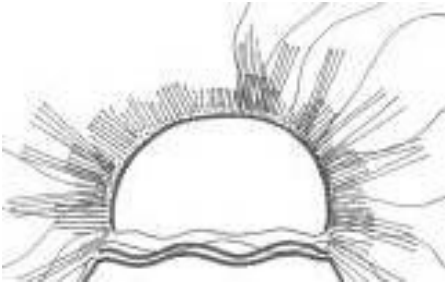
work abs with a giant set consisting of hanging knee up, one arm cable crunch, crunches, leg raise, seated twist, repeat. I go through three tri sets without stopping and get a great abdominal workout this way.

I seldom use tri sets or giant sets in training other muscles. There is too much of a strength reduction after the second exercise so I either stay with single sets or super set exercises for bodyparts other than abs. It all works and keeps your interest up because of the variety you get by employing these techniques.



## Ab supersets, Tri-sets, Giant Sets

# Life's a Beach



*I'm sure getting tan man  
Really glowin tan  
Getting dark just like I planned  
It's easy to be tan, man, easy to be tan.*

*Layin in the sun all day  
That was the only way  
But now everything's changed  
Today nobody does it this way,  
nobody does it this way*

*Who has time to lay around all day  
Even though that was my own way  
Today they paint their bodies and say  
Sun's not good for my skin, no way,  
not good for my skin anyway*

*Instead they use makeup spray  
Rub it in, ya get no tan just orange skin  
Jantana drippin down your back  
Right down into your butt crack,  
that was never my way*

*Yeah that was never my way  
Now I'll lay in the sun just a little bit  
And then I'll know just when to quit  
Get tan the natural way, I say,  
tan the natural way*

I miss going to the beach. As part of the bodybuilding lifestyle we'd hit the beach right after a workout in the 70s. Right after a meal, that is. One day at Denny's Arnold told me his secret of nutrition. "What is it?" I asked, thinking I could learn something useful.

"It doesn't matter what you eat, just so you eat a lot of it". He was serious, I couldn't believe it. And then the scrambled eggs, bacon, toast and hash browns arrived.

We were on Venice beach by 11 am. After an hour and a half I'd had enough and it felt great after a dip in the ocean.

Yes, the memories. Did lots of tanning in those days but the beach was always the best place. A natural tan, not overdone, just bronzed to the point of making the skin glow slightly and help the definition stand out added the finishing touches to the competitors physique. Today's competitors don't do much sunbathing, but instead rely on tanning makeup or usually a spray tan before the competition. Problem with this is unless there's a natural



base underneath the skin looks orange. Also instead of reflecting light on stage it absorbs it and causes the body to look flat.

For the past dozen years I hadn't sunbathed at all and with white skin I heard my doctor say 'you are low in Vitamin D'. 'Are you kidding' I thought, and then I thought again 'he's right, not much sunshine in my life although I had been taking 400 I.U. daily. 'Your level is less than half of what it should be. I recommend you take up to 4000 I.U. of D a day and get some sun on your body a couple times a week.' said the doctor. 'Wow' I thought, 'a doctor telling me that the sun is good for me.'

Aside from the benefits of producing vitamin D in the body, sunlight also acts as a natural diuretic, and the body always looks good right after tanning

(providing you don't burn). I wanted more of these benefits so we made plans to construct a beach outside my gym. Just because we're not right on the ocean doesn't mean I can't enjoy the beach. So we built one.

We needed to reinforce our hill anyway so many 100 pound keystone blocks constructed a stairway to the bottom of our hill. At the top of

the stairs a retaining wall was built, filled and topped off with white beach sand. Cacti were planted around the perimeter and now I have a nice little beach for private sunbathing.

The plan is to get a half hour to 45 minutes of sun three days a week. Just enough to get some skin color, never burning, applying lip gel and my special skin tightening sun tan

lotion, tan time usually around 3 to 4 pm. I feel great after each tanning session, it's not too much and I feel like I'm getting vitamin D to spare.

My beach is great, complete privacy, great view, white sand, maybe I'll add a mister, maybe I'll spray salt into the air and listen to ocean waves I've recorded. Nothing like getting in the mood, old times on Venice Beach shouldn't be hard to recall and even relive.. Wow, just like the good old days!



# My Zane Experience

By Kirk Steffke

Frank previously introduced me in the last issue of *Building the Body* prior to my article on this year's Arnold Classic. I'm a 25 year-old from Philadelphia who's been very fortunate to work with Frank over the last few months. By day, I'm a technical consultant and developer for the Salesforce.com CRM platform. By night, I'm another guy building his body.

I started working out after being shown a video cassette in 10<sup>th</sup> grade health class on the golden era of bodybuilding and have been hooked since. Always the skinny kid, I managed to work myself up to a muscular 165LBs in high-school, but gradually school got busier with the hunt for a college, girls became more interesting, and my gym progress fell to the sidelines. Once the college years started, the home-cooked meals stopped and my sole source of sustenance was junk food. Realizing my decline, after all muscle definition, physical strength, and endurance were gone, this back to scrawny 140LB graduate signed up for a \$30 per month gym membership.

That was two and a half years ago and I haven't stopped since. More than half of that consisted of me training and eating just flat-out wrongly. I developed my knowledge of bodybuilding through the plentiful resources of the in-

ternet and I got fat. Stronger... but fat. My honorary degree in internet learning allowed me to eat everything in sight (never go hungry or your muscle eat themselves, right?), do 8 reps for 4 sets of everything, and don't waste your time doing cardio because your muscles will shrink. I was so disillusioned by these beliefs that I viewed myself as I wanted to see myself. Funny how powerful that self-rationalization is; I never saw abs then "because I never worked on them," I



8/27/11

I didn't do cardio because it "would inhibit my growth," I couldn't see any definition because, "I wasn't in contest mode." I saw myself as being a month away from being in contest shape. I had no idea the work involved with trimming fat. I had no idea just how wrong my beliefs were. Looking at my PF (pre-Frank) images (see left), I was somewhere between "Smooth" and "Fat" on the Zane Scale of Definition.

Thank God for my girlfriend Charlene. As a gift for Christmas, she handed to me one of Frank's business cards, autographed by the man himself. It traveled from Frank, to a friend, to

a neighbor, to a co-worker, to Charlene, and finally to me. I checked out [www.frankzane.com](http://www.frankzane.com) and saw the wealth of educational materials available to me. Zane had a magazine, books, audio CDs, and a DVD available. I then found out about the Zane Experiences offered. At that time, there was no way I could get out to CA to do any of the in-person Ex-

periences. The Home Experience would have to do, but prior to doing that, it was Charlene's idea to drive up to Columbus, OH for the 2011 Arnold Classic and meet Frank first. We got there and quickly located him (you couldn't miss him with that gigantic poster). He told me about how the Experiences worked and I quickly bought a copy of everything on his merchandise table, including his new *Workouts* book. I was sold on an in-person Experience and set on finding a way out there. As if it were meant to happen, that week at work, I receive the thumbs up to attend Salesforce.com's annual Dreamforce conference in San Francisco. Through the good graces of my employer, I was permitted to fly in to San Diego the weekend prior to the conference. I called the number on Zane's website and got my Experience scheduled. Now all I had to do was wait five months before my life changed in every way possible.

By the time the weekend of 8/27 rolled around, I was tipping the scales at my all-time heaviest of 212LBs. I was carrying around about 30 extra LBs of mistakes that could have been avoided through one of the most important things I took away from my Experience. Progress pictures. Take them. Take them frequently and consistently. I'll say it again later too. I was being lazy; I was looking at the number only. My weight was increasing and I was able to push heavier weights, therefore I must be attaining and fulfilling this mental image of myself as a body-

builder. Take a look at my pre-Frank and after-Frank picture and see how dead wrong I was.

Ready for a shocker? I was stronger then, I weigh much less now, and some of my measurements are even smaller than then. But you know what? How I see myself now matches what I look like now.

I flew to San Diego on 8/26 for my Zane Experience. It was a smooth flight and the San Diego airport was a



**Post-Frank (5/3/12)**

breeze to navigate. Within a few minutes of landing, I had my bag and was on a bus to pick up my rental car. I checked into the Holiday Inn of La Mesa and checked in with Frank to let him know I arrived. I was told to get a good meal and rest until tomorrow morning. Being far too excited, I could hardly sleep that night. Saturday morning, I awoke early and had

breakfast across the street at the The Omelette Factory. I then made my way over to the Zane residence. Since the sun was just right, the first thing on the agenda was to take my first set of progress pictures. We did one photo in each compulsory pose and each shot would be reviewed on Sunday.

We then discussed the many aspects of my physical fitness and lifestyle; what my goals were, what my diet consist-

ed of, and what my workout routine currently was. It was very easy to talk to Frank and he was happy to answer all of the questions I had. Strangely enough, I came prepared with a list of questions, but as the day went on, questions on the list began to answer themselves and were replaced with better questions. During the review of my diet, I quickly learned just how wrong my approach had been. It was clear that my “open mouth, insert food” philosophy was taking me down the wrong road.

I also learned how obtaining your goal is more than just the food you eat and the exercises you do. I didn’t expect this part, but we had a great conversation on training and preparing your mind through meditation, relaxation, stress management, mantras, and various entrainment techniques as well. He helped me find a greater sense of inner-balance and taught me awareness of physical manifestations of stress and negative thinking. We talked about breath control through playing various instruments like harmonicas and flutes (specifically the bamboo flutes Zane himself crafts and oils) as well as non-bodybuilding activities like archery and shooting a blowgun (breath control and concentration).

Our first workout was a back, biceps, and forearms workout. Here my form was improved and rhythms were developed. The importance of stretching

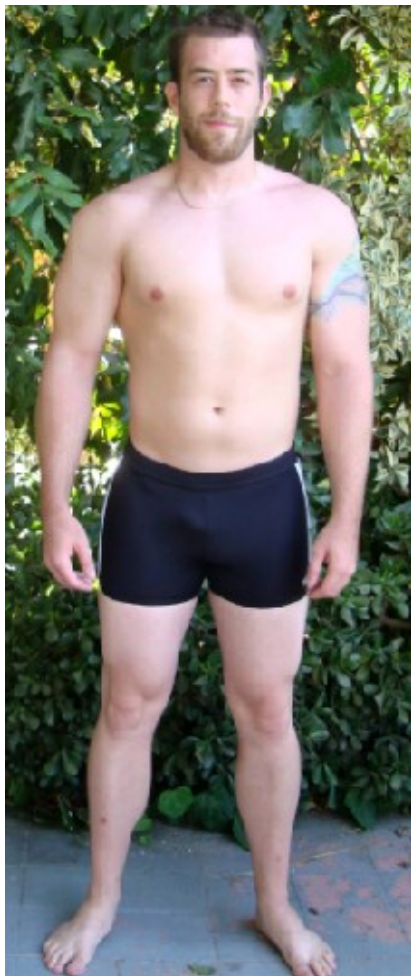
was explained and each exercise was paired with a stretch. I was using lighter weights and because of the strict form, slow reps, and other tips, I was feeling it. The next day, with my enhanced knowledge of food and modified diet, I had a better breakfast at The Omelette

Factory and attended day two of my Experience. That Sunday, we reviewed my photos from the first day. I saw what I looked like from all angles and was enlightened. Frank had worked his magic on each photo, transforming each into the vision he had for me. He highlighted my strong points and reviewed with me the areas he needed the most improvement. The mental image I had of myself was transforming.

TIP: I copied my favorite of these pictures to my computer’s desktop. Any time that I need to conjure up some motivation to press on or avoid eating unnecessary foods, I looked at this picture. Each month, I replaced this picture with one of my latest monthly progress shots. Doing so gives me a constantly renewing source of motivation.

We then performed workouts two and three. First my new leg routine, followed by the chest, shoulder, triceps workout. Again I learned correct form, first by doing them incorrectly, then being coached along by Frank, and then doing them again.

Leaving San Diego, I had a renewed outlook on bodybuilding and my life. My mind was open and I was beginning to see that there was more than just



living life day to day. Whether Frank intended on teaching me this lesson or not, I learned that I'm in control of my life in more ways that I ever considered. I was ready to tackle my new diet and training regimen. As I did that, I was excited to observe how my actions, thoughts, and words shaped the environment around me. I was ready to learn more about myself and my perceptions. After being starved of stimulation, my mind was already beginning to grow and expand.

Back home in Philadelphia, the next few weeks were the most difficult. For me to achieve any sort of progress towards my goals, I had to overcome the challenge of restructuring my diet and ignore the cravings for the foods that were bringing me down. My days of eating delicious, easy to prepare, boxed and microwavable foods were done. I started to keep track of the amounts of protein, carbs, and fats consumed each day. I never realized how many carbohydrates I consumed throughout a normal day; carbs from pasta, breads, and sugary snacks and beverages quickly added up. It's no wonder why I wasn't developing any definition. It surely was a test of will power, but each day began to get easier and easier as old habits were replaced by new habits. I learned which foods fit my new diet plan and which would surely devastate my weekly progress. My microwave is on semi-retirement, reserved for quickly cooking sweet potatoes, sliced cinnamon apples, and reheating left overs.

Any time I found myself craving sweets like chocolate or ice cream, I drank a glass of water and looked at those photos of myself on my desktop.

Following Frank's advice from the Experience and trying out many of the recipes from his *High Def Body* book, my new form began to take shape. Next to the changes I needed to make in my diet and exercise routines, the most important thing I took away was to TAKE PICTURES! You're not going to like the first set of images, but try to replicate the same poses each month. Doing so allows you to quickly compare images and actually see your progress come along. This is a much better demonstration of you achieving your goals than the numbers on a scale or a tape measure. Keep in mind that the judges don't know what you weight or how many inches round your biceps are. That attractive girl at the grocery store checking you out doesn't know what you weight or the size of your waist. All they know is what you look like, now. Do you know what you look like, now? How skewed is the image you have of yourself in your head? Avoid what happened to me before my Experience and begin to true up that mental image of yourself. Don't make excuses and consider those pictures as important as your workouts. Take them at least



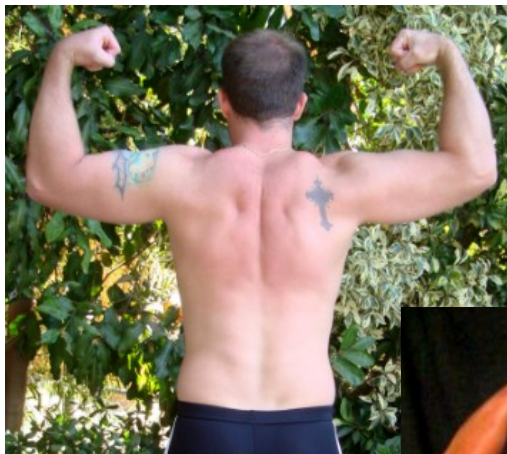
once a month (any longer and you won't see your transformation happening) and trust me, they get easier to look at each time.

**TIP:** Shoot at the same time and place each photo session from the same angle. Try to keep the only changing variable your body. Tripods are inexpensive in many stores or on eBay. I made a col-

lapsible backdrop out of some PVC pipe and an old black sheet (double it so you can't see through it) for even cleaner looking images. Try not to use cell phone cameras and get enough light in the picture. This reduces the amount of "grain" in the end photo and allows your definition to be shown; otherwise you only get to see major separations and your body's outline.

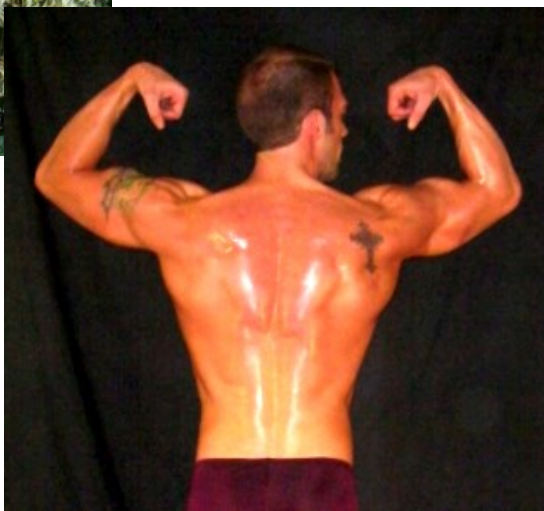
After I took my first month's pictures, I was seeing a difference. Eve-

your neck craning). My body was starting to fill out, following Frank's provided outline. His transformed pictures were embedded in my mind and my body was listening.



rything Frank said was coming true. Each progressive month, my waist was coming in, my belly fat was shrinking, lats expanding, and definition improving. It seemed the first few months, my focal point was my stomach; I didn't have a large gut to get rid of, but enough to be beyond "smooth." My abs first started coming out that first month and would continue to improve each successive month, later to be joined by serratus and oblique lines.

My favorite progress photos were the rear-double bicep. To me, the changes in my back definition, rear delts, and biceps surprised me each month. A lot was going on in each block of 30 days and I would have never known this if I didn't take pictures (when do you really see your back straight on like that? Not even in a mirror, looking back, with



# Hard Gainer?



I get this question all the time. Some people think that I had a problem gaining size. What they don't realize that most everything I did in my training was intentional. I took my time to grow so I could have control over how this growth came on and direct it to the specific areas I needed. This takes time. It's like sculpting a statue.

Do it fast and it will always look unfinished. But plan it carefully over time and you can create a masterpiece.

So how do you do that? Simply, don't be in a rush. Take your time and do a good job. Take photos, study your development. Forget about measurements. Get a good look at yourself from all angles. Do you like what you see? What needs work? What can you ease up on in training because it's getting more developed than other areas?

Everyone has bodyparts that respond faster than others. So realize what these are from the development you've acquired as viewed in your photos and take the right steps. Cut the training in half for strong areas and add another exercise for the area on which you need to specialize.

Next question and most importantly, 'Why do you think you are a hard gainer? What proof do you have? Do you have before and after photos to judge the difference? If you did and there was a difference, however slight then you are making progress and you are not a hard gainer.

Unless you think your are. You may have been talked into it, reading magazine ads, watching TV infomercials. Looking for the magic bullet to

spur progress you don't think you are making. You are fooling yourself.

First step is to find out what progress you **are** making. You are moving somewhere, backward or forward, never staying in one spot. Your progress if you train the right way and retrogress if you don't.

You need to be aware of what is happening with your body, what does it look like (study the photos)? Write down your workout and your daily food intake in your workout diary and correlate your training and eating to your change in appearance. That's all you have to do.

So why don't you do it? When you do you'll find out that you are changing, either toward or away from your goal depending on your behavior.

Think of the Bodybuilding Equation,

$$\text{Gains} = \text{E} \times \text{A} \times \text{R} \times \text{N}$$

Your progress depends upon how much effort you exert in each of four areas, **Exercise, Attitude, Recuperation, Nutrition**. These are factors when multiplied together give the coefficient of your success. Formulas are convenient on paper, they convey an idea and that is you need to be impeccable in each of these four factors to make real progress.

So if you are not moving in the direction of your goal you need to do better in each of these areas. There is no such thing as a hard gainer. There are only unaware gainers.



# My 70th Birthday

came and went without much fanfare, it felt pretty much like a 69th birthday. But the number 70 is more significant since it signals the beginning of a new decade. I'm looking forward to this new time frame and want to make it more productive than the last 10 years. I wonder if I can do it?

Well, why not, isn't age only a number? That's precisely the point, it's as much as being only a number as I allow it to be. When people hear age 70 they automatically think 'old' unless of course if they are elderly themselves.

Most people use aging as an excuse not to be in too good of shape. If you do you have a good excuse to not exert yourself and most everyone will agree with you. But not me.

People tell me 'you look good for your age'. It's not a great compliment when you realize what the average 70 year old person looks like. But it's still encouraging to hear and I know I'm moving in the right direction.

My goals are still the same, to reach a peak every year, this year I'm planning on peaking before the end of the year, probably around Thanksgiving. I'm already getting in pretty good condition and my strength is growing. Been training 3 times a week as before: Tuesday is back, biceps, forearms day, Thursday is leg day, and Saturday is chest, shoulder, triceps day.

This routine works great for me, I can tolerate the soreness aftermath with this kind of training frequency. A few weeks ago I trained hard with a client, doing 30 total sets for back biceps forearm, 15 sets for legs, and 30 sets for chest

shoulder triceps. I was sore and tired for days afterward. So if I'm like other aging bodybuilders, I will not train hard more than two days in a row.

I plan to step up training intensity late summer/early autumn and perhaps bump workouts up to a 5 day cycle training BBF day one, rest day 2, Legs day 3, CST day 4 and rest day 5. In any case training on the 4 day cycle is a thing of the past. It would be nice to be able to make gains on the 5,5,4 day cycle program but I know I wouldn't be able to train hard on each of the workout days.

Rest becomes extremely important as you get older. It takes longer to heal from a workout. And if you don't heal you don't grow. Some may wonder if it's possible for muscle to grow at age 70. I say yes and hope to show proof of it this year. My energy conservation program is in place with two meditation sessions every day.



## I still see myself in a young body

Workouts begin around noon, as soon as my training partner Jesse shows up. After the workout I may take a power nap for 15 minutes. We hooked up my Somatron Sound Table a few weeks ago, basically you lay on it and hear recorded music through speakers positioned in the table to vibrate your body. So you hear not only through your ears, but through your bones and muscles as well. It's known as acoustic vibration and is a most effective form of deep relaxation. The 'table' is a 6 inch thick mat containing speakers which vibrate with the sound played through it giving a unique relaxing



Age  
65

Pullover machine  
V-1 triceps machine press  
DB kickback  
Pressdown  
Cable extension  
Right arm DB extension  
Incline side DB raise  
Side cable raise

I do 200 reps of abdominal work, usually hanging knee up, crunches, and one arm cable crunch at the end of upper body workouts. I also try to ride my recumbent stationary bike at the end of my workouts but often forget since I haven't been in the habit of doing so. The remedy is when I remember I do it. Just like with stretching. Most people do not stretch between sets and when starting to do it they often forget to keep stretching between sets. You'll get a better workout if you do.

experience to hear sound this way. I make sure to get enough deep relaxation so I have enough energy to train.

I've noticed a decline in the need to sleep longer and I seldom sleep longer than 5 hours a night. This combined with up to 2 hours of meditation a day seem to be working well. I have more time to write and so I've been finishing up my book *Symmetry*.

Here's my training program.

I'm doing 3 sets of 8 to 12 reps on everything except calves and abs.

### **Tuesday: Back, biceps, forearms**

Front pulldown  
Cable crossover behind neck  
Low cable row  
Rear deltoid machine  
Close grip pulldown  
Alternate DB curl  
Rubber cable curl  
Preacher cable curl  
Rope preacher cable curl  
Barbell wrist curl

### **Thursday: Abs, thighs, calves**

Pulley knee in  
Crunches  
1 arm cable crunch  
Leg extension  
Leg press  
Leg blaster squat  
Leg curl  
Donkey calf raise  
Seated calf raise

### **Saturday: Chest, Shoulders, triceps**

70 degree dumbbell press  
V-1 incline press machine  
Pec deck  
Cable crossover



Age  
50

# *Symmetry* Coming soon

I've been putting in a lot of time working on this book and it is looking really good. Many unpublished photos accompany the text and it looks like there will be hundreds of them. The book is about what symmetry is, the different kinds, and how to develop it. My training progress is documented throughout the book, starting with photos as early as 6 months, then those at the start of training in early teens, beginning competition, training in Florida and California, The Olympia competitions, how I trained at different times in life to get the look I was after. Here's how it's shaping up:

Chapter 1 — What is Symmetry?

Chapter 2 — The Early Years & Starting Competition 1957 –60

Chapter 3—Training & competing in the Northeast 1960—65

Chapter 4 — Florida years 1966-68, Mr. America, Mr. Universe

Chapter 5 — Moving to California 1969

Chapter 6 — Mr. International, Mr. World, NABBA Mr. Universe 1970

Chapter 7 — Training In South Africa, competing in London 1971

Chapter 8 — NABBA Mr. Universe 1972, Mr. Olympia in Essen

Chapter 9 — Japan & Australia 1973, Mr. Olympia 1974—75

Chapter 10 — Mr. Olympia 1976

Chapter 11—Winning Mr. Olympia 1977.

Chapter 12 — Winning Mr. Olympia 1978

Chapter 13 — 3 in a row in 79

Chapter 14 — Mr. Olympia 1980 in Australia

Chapter 15 — Training 1981, Mr. O 1982 in London

Chapter 16 — Mr. Olympia 1983 my last competition

Chapter 17— Symmetry since then: age 50, age 60, age 70

Chapter 18 — Internal/external Symmetry

Chapter 19—Super Symmetry

Chapter 20—My Symmetry workout programs.

Target publication date is before Christmas 2012.

Watch for updates on my blog site [www.frankzane.me](http://www.frankzane.me)

*FRANK ZANE*



S  
Y  
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# Email

Dear Frank and Christine,

My copy of *High Def Body* arrived here in Afghanistan today and I am so excited. I did not expect it to be autographed, thank you. Frank, you have been my hero since I was in school in the 80's. I am now 42 and a retired Navy Riverine, and I'm in the best shape of my life. You inspired me to believe it's never too late to be completely fit in body, mind, and spirit. I have been lifting for 5 months now and have gone from 225 down to 185! . Thank you again.

Terrance Nolan, FOB  
Boris, Afghanistan

Hello Frank!

Hope you are doing well. I have been pondering the difference of physical appearances between the bodybuilders of the 60's & 70's and the bodybuilders of today. There is very little similarity and I do not understand what causes the extreme dissimilarity.

I understand that the supplements have changed considerably as well as development of anabolic aids. I look at pictures of you all the time and wonder why no one now looks anything like you. So I would like to know your input on all this. What do you think the main contributing factor to the difference in appearance is? Have training methods really changed that much since then? Could food be a factor? My goal is to look like a bodybuilder from that time period.

Sincerely, Tyler Hartshorn

**Drugs, new supplements and equipment have made it possible to pack on muscle quickly and since most of today's bodybuilders want muscle yesterday they over do it by going to extremes. Parsimony is out the window,**

**more must be better, but more ends up developing assembly line bodies that all look similar: huge muscle, big bellies.**

Dear Mr. Zane,

I wanted to say thank you for being a great inspiration to me. About a year ago I made the transformation into a healthy lifestyle, and began training in bodybuilding and power lifting. I do both as in power lifting I have to stay natural, and with bodybuilding I will always as well. From recently reading about you and your interviews, you have helped me to strive

in what I believe in. I faithfully practice in meditation, yoga, stretching and of course weight training. I have always not liked the recent look of bodybuilders, as they all strive for mass, and not definition or physique. I am a conservative and old type believer in thinking that things in the past were better and that in order to succeed you have to be willing to be passionate about what you love and put the effort into making them happen. That is why I will always strive to remain natural from now until my time is up here on earth. I am competing

in my first ever bodybuilding competition in Tuscon, Az on July 14th. I will be competing at 176 pounds or less, which I know for certain that there will be some guys that are some how unnaturally huge but that does not bother me. I made the decision to follow your 1983 posing routine and also pose to the song by Pink Floyd. I honestly don't care if I place or not, my love for the sport and most important of overall fitness is what is important, and having this opportunity is amazing. Again, I want to thank you for serving as an inspiration to me, and I promise to strive to be my best. Also I was wondering if you could give me some advice, on Buddhist meditation and



how it differs from normal meditation.

Thanks again.

-Dustin Pulido

**There are many different meditative techniques: mantra, gazing, insight meditation, breath counting, they all develop your ability to concentrate and relax deeply so it's best to pick a technique you like (such as I've outlined in *High Def Body*) and practice it on a regular basis.**

Hi Frank,

First off i got to say that i am big fan of yours. Seeing a poster my old man had of you in his home gym was the reason i got into weight lighting. When all my friends said to me "dont end up looking like a weight lifting freak", i would show them a pic of your and say "I dont want to look like a swollen ninja turtle, i want to look like this guy!" and the jaws would hit the floor!

I've always wanted to say that i think you got ripped off like crazy at the 1980 Mr. O. You should have won it hands down, ). I heard from somewhere on the internet that you vowed never to come back to Australia after that. Thats a real shame, being an Aussie myself, but i understand that you got ripped off and i would feel the same way.

I want to thank you for the drive you has given me. Every time i feel like a doughnut or a cookie, i think, "WWTCD (what would the chemist do) and say its not worth it". Even though i know ill never look as dam good as you did, its still something to push for and it gets me in the gym and deadlifting like crazy.

You may not see it, but i think what you did for professional body building he's really impacted the mainstream. You look at the popular "heart throbs" of tv and movies today. Guys like ryan gosling, ryan reynolds and that kid from twilight. They all try to base they're body on what you achieved, get shredded, dont try to look like a swollen tumor.

Phil

**The 80 Olympia is water under the bridge and the outcome in no way affected my affection for Australia and**

**it's people.**

Dear Frank Zane,

First of all I have to say, that I appreciate your life work and achievements. I am a 24 years old sports man from Germany near the capital city Berlin, doing strength training (this is how I like to call it) for ~6 years. Every training day as heavy as possible. My problem: When I trained in this "hardcore gym" I recognized one time my knee hurt when I front squatted. After this I had to stop for long while. Later I started with lightweight and now I nearly go heavy like before, but I recognize my knees begin to hurt. I don't know, I feel the squats in general, when I give 2 times the week everything are not the best for me. Please, could you give me a tip, how I could train my legs to make them bigger and look good? I trained 4 sets each exercise 5-8 repetitions. First squats, then leg extensions

Best wishes, Daniel Wermke

**Regular heavy squatting forces the knees out in front of the toes in the low position and this compresses the knee. I've alleviated this problem by only squatting with the Leg Blaster. Try doing leg extensions and leg curl first to warm up the knees, then do erect squats keep the reps on everything between 10 and 12.**

Hello,

My name is Jesse and I am 15 years old. I recently started bodybuilding at the age of 13 to just gain muscle and try something new. At freshman year in high school I was a skinny kid who ran cross country and by the time I was done with the running season I was a skinny 115 lbs. I knew I had to change so I went on a mass gaining program for a year and got up to 150 lbs. This year, towards the end of my sophomore year I have become obsessed with it. It's not only a hobby, it's my life. Each day I look forward to hitting the gym and pumping iron and increasing my weight. I check the scale all the time to see how much mass I've gained. Right now I do a program which I'm sure you have heard of called the 5/3/1 for size and

strength. I try to eat 2 g of carbs and 1.5 g protein per body weight. I am on a weight gainer and also take whey and casein protein. I will be 16 in 4 months and I'm proud to say I'm 175 lbs as of right now. I'm a big fan of you and I think you are definitely one of the greatest bodybuilders of all time if not the best because of your proportions. I am an ectomorph so it's always been hard for me to gain. So the whole reason I'm writing to you is to see if you have suggestions to my training, diet or just life in general. Anything that I am missing that is a huge importance?

And I know it's crazy to think but I want to be Mr. Olympia someday. I appreciate your time and thanks for listening to me.

One with iron, Jesse Pedersen

**Gaining muscular weight is easiest as a teenager and it can come on rather quickly in many cases. The point is you need to gain quality muscle, not just get bigger without any kind of pleasing shape and no definition. I suggest you take photos of yourself on a regular basis, every two**

**months, so you can see how you are progressing. Start thinking more about how you look rather than how much you weigh or measure.**

My name is Alexander Papadakis and I am from the small island of Cyprus in the Mediterranean, and I have been involved with training for 2 years now. I recently purchased your book *Hi-Def Body* from your website and I am just writing you this email to congratulate you on a very well-written book. It contains a wide range of information and is very detailed. It is always with me and I am constantly studying it. I am 21 years old and I have

been training simply for myself and to feel whole as a person. I am very religious about my training as I enjoy it deeply and your book is the perfect guide to use as I continue my training. Your physique is my ultimate goal for the future but I realize it will require sacrifice, which I have become familiar with to an extent. I am currently 1.76m tall at 76 kg and 6.7% body fat. I am very glad I made the choice to buy your book, thank you very much for signing it also, it was a nice surprise. I will follow your tips and training program (growth program) and I am confident in my long term progress. I realize it is a long process. A great challenge is the diet, as traditional food in large quantities is a main part of our daily lives as we have a Greek culture!

Thank you . Alexander Papadakis,

**Alex, You can eat the Greek food just watch the carbs and fats.**



# Interesting Research

## Spurring Stem Cells to Rebuild Cartilage

Signs of progress in cartilage engineering achieved by directing existing cells in the body to undertake the work of repair that normally doesn't occur: <http://www.fightaging.org/archives/2012/04/spurring-stem-cells-to-rebuild-cartilage.php>

"A small molecule dubbed kartogenin encourages stem cells to take on the characteristics of cells that make cartilage, a new study shows. And treatment with kartogenin allowed many mice with arthritis-like cartilage damage in a knee to regain the ability to use the joint without pain.

The new approach taps into mesenchymal stem cells, which naturally reside in cartilage and give rise to cells that make connective tissue. These include chondrocytes, the only cells in the body that manufacture cartilage.

'In the blue-sky scenario, this would be a locally delivered therapy that would target stem cells already there,' says study coauthor Kristen Johnson, a molecular biologist at the Genomics Institute of the Novartis Research Foundation in San Diego.

Johnson and her colleagues screened 22,000 compounds in cartilage and found that one, kartogenin, induced stem cells to take on the characteristics of chondrocytes. The molecule turned on genes that make cartilage components called aggrecan and collagen II. Tests of mice with cartilage damage similar to osteoarthritis showed that kartogenin injections lowered levels of a protein called cartilage oligomeric matrix protein. People with osteoarthritis have an excess of the protein, which is considered a marker of disease severity. Kartogenin also enabled mice with knee injuries to regain weight-bearing capacity on the joint

## "Master Regulator" Gene Identified

King's College (UK) team identifies a gene linked to diabetes and cholesterol that may be the "master regulator" gene

that controls the behavior of other genes

**Citrus Extracts Help Promote Healthy Metabolic Function** —Bitter orange extracts plus the citrus flavonoids, naringin and hesperidin, may boost metabolic rates without affecting blood pressure.

**Vitamin D Improves Exercise Outcomes** —Among people with chronic obstructive pulmonary disease (COPD), Vitamin D supplementation may boost the benefits of pulmonary rehabilitation programs.

**Vision Restoration via Stem Cells** Schepens Eye Research Institute (US) researchers regenerate large areas of retina tissue and increase visual function, using stem cells derived from skin.

**Benefits of Tai Chi to Prevent Falls, Improve Mental Health Confirmed** Systematic review of 35 published studies confirms that the Chinese wellness practice of Tai Chi confers a variety of physical and mental health benefits.

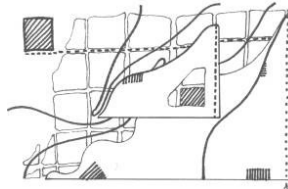
## Obesity Linked to Higher Risk of Prostate Cancer Progression

Among men with prostate cancer being treated with hormone therapy to suppress

tumor growth, being obese may elevate the risk of their prostate cancer worsening. Looking for an excuse to drink coffee and eat chocolate Here it is:

**Dark Chocolate Improves Post-Exercise Markers** - Consuming flavonoid-rich dark chocolate prior to exercise may decrease the potential muscle damaging effects of oxidative stress.

**Coffee May Lower Risk of Lethal Prostate Cancer**—Harvard University (US) researchers report that men who regularly drink coffee may be at a lower risk of developing a lethal form of prostate cancer.



# Leg Blaster and Pulley Squat

A few months ago my low central back was becoming more sore than usual. I figured it was due to compression from squatting. Going heavier I was up to 140 for 10 reps squatting with the Leg Blaster. While there is nowhere near as much compression on the spine using the Leg Blaster because the weights hang at a low center of gravity, there still is some compression. Because the harness rests on the shoulders the heavier the load the more downward pull on the vertebrae. What could I do?

Answer was pulley squats. Put on a lifting belt, straddle a floor pulley and stand on a calf block, have training partner clip the S hook on the cable into back of belt, hold on the ends of floor cable device, squat deep down, come up to a slightly unlocked position. We worked up to 120 pounds for 10 reps. There was no stress on the low/central back because there was no downward pressure on the shoulders. All the pressure was on the back of the lifting belt around the waist.

We got great thigh pumps and the movement was a perfect sissy squat. Was it a good alternative to the Leg Blaster? It wasn't until I began squatting again with the Leg Blaster that I realized it was not. I wasn't feeling the effects of squatting in the rest of my body. I felt no power or growth in my upper body because there was no gravity pressing down on it. Gradually I began working up in Leg Blaster squatting and last time I got 10 easy reps with 160. Been squatting

once a week and then I missed one week and I'm back at 140 for 10 again.

I found the Leg Blaster to give more of a real squatting workout than the pulley set up. As the weight gets heavier each set, i.e. my goal now is 120, 140, 160 for 10 reps, then 130, 150, 170 for 10. Don't think I'll go much higher than that, I'm satisfied with 10 reps with body-weight in strict form.

The other nice feature on the Leg Blaster I found is it's the best way to do standing calf raise. Made a simple calf block nailing 2 by 4s to the end of an 18 inch long piece of 2 by 6 lumber. It gives a 2 inch shorter stretch than my usual calf block making me stronger through the shorter range of motion. One of the things I disliked about standing calf machines in gyms was

guys would leave 50 pound plates stacked on top, hard to remove, and even so the downward pressure from the pads often caused neck soreness. Not so with the Leg Blaster.

The setup for pulley squat is a way to do both one legged and two legged calf raises. The calf block is already there in my gym giving me another option for calf raise. So look around in your gym. If you've got a low pulley you have another way to squat and do calf raises.

I talked with Ron Coleman on the plane going to Arnold Classic last year and recommended the pulley squat to him since he's had several spinal fusion operations. I hope he does them.



# Musical Training Boosts Memory and Learning

In that much of our daily communication occurs in the presence of background noise, compromising our ability to hear, the ability to understand speech in noise is a challenge that becomes increasingly difficult as we age. Nina Kraus, from the Auditory Neuroscience Laboratory at Northwestern University (Illinois, USA), and colleagues enrolled 18 musicians and 19 non-musicians, ages 45 to 65 years, in a study in which each subject completed a number of tests for speech in noise, memory and processing ability.

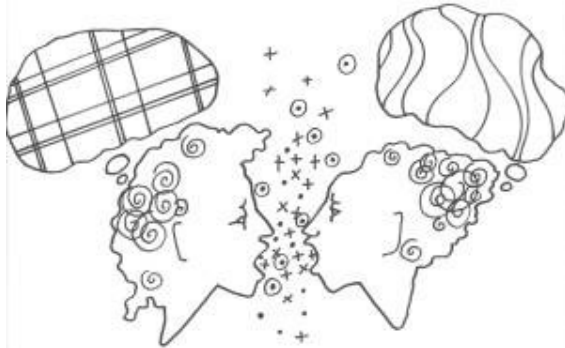
The team observed that the musicians who began playing an instrument at age nine or earlier and consistently played an instrument throughout their lives beat the non-musician group in all tests, except one where they showed nearly identical ability. Speculating that the experience of extracting meaningful sounds from a complex soundscape – and of remembering sound sequences

– enhances the development of auditory skills, the researchers posit that musical training helps the brain to be more adaptable to aging and make adjustments for declines in the ability to remember, or ability to separate speech from background noise. Writing that: “older musicians demonstrated enhanced speech-in-noise perception relative to non-musicians along with greater auditory ... working memory capacity,” the team concludes that: “Our results imply that musical training may reduce the impact of age-related auditory decline.”

## Dichotic Listening & Behavioral Change

It was at a Steve Vai seminar that someone asked “How do I develop confidence?” What I heard was “How do I develop competence?” I realized then that confidence and competence were the same thing, but why? And why did I hear one word as the other?

Only when I began listening to dichotic recordings I’d made years ago did I find the answer. I believe it was in listening to ‘Power Cell’ while making it available as a download to digital devices. Deeply entranced toward the middle of the recording I heard ‘and you will develop confidence and competence’. And then I knew where this association came from. Even though I didn’t remember hearing this phrase it stuck in my mind well enough to be recalled at at much later date.. And although I’d listened to this



recording dozens of times I hadn’t heard it in over ten years! It still affected my consciousness.

Dichotics means listening to two independent stories at the same time, one in each ear

through headphones. The messages go directly into each ear and words come together from each story at points in time to give suggestions, aka ‘embedded commands’. It’s not subliminal, you hear everything, it’s auditory overload and makes no difference whether you try to listen to one story, the other story, both stories, or neither story, sooner or later you let go of trying to pay attention and drift into a deeply relaxing trance primed for enhanced behavioral suggestion.

# Workout Songs

We've all listened to songs only to have them go around and around in our minds for hours afterwards. What goes around in our minds influences our behavior, 'we become what we think'. So before your workout sing these songs to yourself. You'll get better workouts because they are filled with positive affirmations. They are workout mantras.



## Lats

*Front pulldown no foolin around  
Best upper back exercise  
I ever found*

*Cable crossover behind neck  
Pulldown super sets  
Works my upper back  
don't tire my triceps*

*Low cable row  
On your negatives go slow  
You'll get lats Like Franco Columbu*

*One arm dumbbell row  
Makes me feel real wide  
My lats are stickin Way out to each side*

*Four back exercises  
Lat stretches in between  
Your back will be Lookin really mean.*

## Chest

*Be sure to work your chest, yes  
Be sure to work your chest  
dumbbell incline press  
Pullover and pec deck  
And high incline front press  
Doing doorway stretch and  
1 arm shoulder stretch between sets  
I know this will build my chest, yes  
I will build my chest.*



## Armed

*2 days a week I go to the gym & seek  
Horseshoe triceps and biceps with a  
peak*

*Whatever you do whatever you say  
I'm armed in harm's way*

*Alternated dumbbell curls  
& 1 arm cable kickback  
3 sets of 10 apiece  
make my arms feel like 2 slabs of beef.*

*Then dumbbell concentration curl  
puts my biceps in a whirl  
& 1 arm dumbbell extension  
is my triceps own invention.*

*For growth that lasts  
I get a pump real fast  
Armin my way no thing of the past*

# Bodybuilding & Yoga

an interview with John White

Frank Zane was 14 years old when he started weight training. Just by working out at home with a set of dumbbells, he told me, "In about two weeks, I saw muscles popping out all over. I looked in the mirror one day and all of a sudden there were muscles I'd never seen before." When Zane started in 1957, he stood 5'9" and weighed a skinny 140. When he graduated from high school, he was still 5'9", but weighed 170. By the time he graduated from college he weighed 190. But there was very little fat on him; he had put on 50 pounds of solid muscle. Today, the three-time winner of the world's top bodybuilding title, Mr. Olympia (1977,78,79), keeps his weight between 170 and 180.

He began to practice yoga when he was 16 and has integrated it into his bodybuilding routines. By "yoga" I mean stretching, diet, pranayamas (breath control) and meditation. He also uses visualization, affirmation and a general mindfulness to deepen his practice. With a master's degree in psychology, and with high school and college teaching experience in chemistry and math, he is perhaps the best-educated bodybuilder around.

The interview began:

**JW:** *Did bodybuilding significantly affect your self-esteem?*

**FZ:** I was very introverted as a kid—rather shy. Bodybuilding made me feel better about myself. I tried team sports in high school, but I didn't like that because I felt I could do much better on my own than I could with other people.

*Did you deliberately place yourself into competition as a bodybuilder to*

*overcome your shyness?*

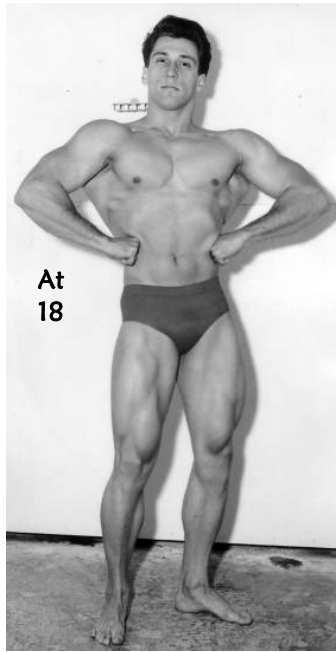
You might say so. My shyness was definitely something I had to overcome. I was rather uncomfortable in one-to-one relationships with people, but in front of crowds I had no problem. For example, I felt awkward about going to parties and making conversation with people about meaningless topics. I felt like I was always watching myself, not doing the right thing. But when I got on stage, I felt different and special. I felt gifted—like I was good at it. It turned out I was. When I entered my first contest, I was 18. I'd been training about four years. I placed fifth out of 45.

*When did you get into yoga and meditation?*

At the same time as I became interested in bodybuilding. I practiced them on a regular basis. When I was 16 or 17, I used to get up and do hatha yoga and pranayama breathing exercises.

*How did you get instruction?*

I bought a book called *Yoga—The Method of Reintegration* by Alain Danielou. I was fascinated by it. The thing that fascinated me most was the description of magical powers called siddhis. It sort of stoked my imagination about how you could develop them. My goal was to become a siddha. I was unrealistic about it, of course, at that age. But it did help me physically. I found that by doing pranayama and controlling my breath, I could run as much as ten miles and not get winded. This was my junior year. Running without tiring got to be scary after a while, so I stopped.



*How did you get meditation instruction? Was that from the same book?*

Yes. I read about hatha yoga; it was basically postures to do meditation. I read about concentration, meditation and contemplation, and practiced them. I wasn't very successful at meditating at that time. I got into meditation more deeply when I moved to California in the late '60s—specifically when I went to Cal State in Los Angeles to get my teaching credentials. I majored in psychology and earned a B.A., which I received in 1977. I directed all my undergraduate study toward the psychology of meditation.

Right after I moved to California in 1969, my father died. I started to question the meaning of life. I went through a rather traumatic period because I really never got to know my father. I respected him but he wasn't really giving with his feelings. He motivated me but he never talked to me very much, so the motivation was basically negative-oriented. I did a lot of things unconsciously to please him. Bodybuilding was one of them, even though he objected to it. He would brag about me to his friends but never give me a compliment or say anything good to me—or say anything to me at all. I always thought there was something wrong with me and that was all part of it.

*From your perspective now as a mature person with psychological training, do you feel that your initial reason for getting into bodybuilding—trying to please your father—is true of body builders in general?*

I think many bodybuilders, both

male and female, have a father complex, and it seems like the greater the bodybuilder—the better he or she becomes at it—the bigger the complex. Freud talks about something he calls object loss identification. If a person is missing in your life, either physically or emotionally, you take on the person's characteristics to bring them into your life. I think that's what I did. My father wasn't there for me emotionally, so I did things to make me more of a man—in other words, develop my muscles. I remember my mother telling me about my father when he was younger—what a great physique he had. He never worked out. He was just natural.



Of course, when I knew him he was never like that. But the ideals and discipline he inspired in me brought me through some tough times and I appreciate him all the more for that. And certainly any negative effect on me due to his emotional absence was offset by the ideals he inspired in me, particularly his interest in sciences, mathematics, business and just plain living an honest life. So at this

point in my life I feel closer than ever to my father.

I've known a lot of bodybuilders, including many world class ones. They have strong mother figures but the father is absent either physically or emotionally or they were objected to by the father.

*Does that apply to women bodybuilders also?*

Yes. I was very shocked when I first found out about women's bodybuilding and true hard core women's bodybuilding contests because, for me, bodybuilding was a way to become more man-

ly. Now here were women doing it. I wondered: What gives here? I couldn't figure out why women wanted to become more of a man. Turns out it's for the same reason: because they have a weak father image—or none. In women, it is the animus, according to Carl Jung. This male archetype needs to be built, needs to be resurrected. With men, of course, they're men already and they have their self-concept which basically is formulated from the first man in your life, your father. If that relationship is lacking, you're going to find ways to fulfill it, to make it more complete. That's what bodybuilding was for me. I think that was my deepest motivation.

*Do you know of any bodybuilders who have a basically healthy personality and are pursuing their art for transpersonal reasons on the far side of ego? That is, they are into it as explorers of the human potential rather than essentially trying to fill in some emptiness.*

Yes, but first let me say this. Although bodybuilding has that potential, you don't start out that way. I have a grand dissertation in mind of bodybuilding as personal growth psychology. There are two categories of it. One is body building as character armor; the other is bodybuilding as character completion.

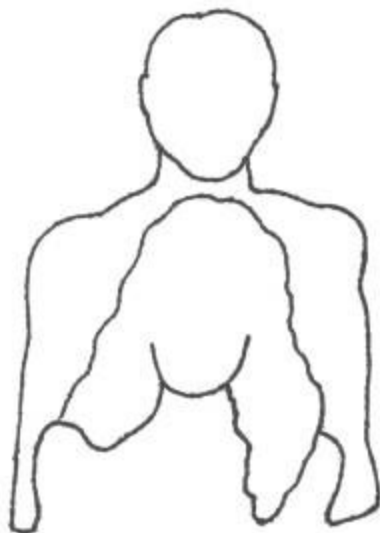
Character armor is why people start working out as bodybuilders—to develop their ego, to become more self confident, to develop their self-image, their self-concept. The basic idea is that you as a separate entity want to become stronger because the world seems threatening to your still-forming, malleable ego. So each layer of muscle you add is like putting on an extra suit of armor. It shields you from the outside forces. It's a

defense mechanism. In bodybuilding, there are many metaphors of aggression tied up with body parts. For example, when going to war, you "bear arms." Anatomically, you bare your arms for combat. Bodybuilders refer to arms as "guns." Nineteen-inch biceps are a nineteen-inch set of guns. And an extremely hard workout is described as "bombing" your muscles and "blitzing" them.

*So the bodybuilder, as a forming ego, thinks he's got to have armor.*

Right. He's going into life as if he's going into combat. The world is a war zone, a battleground—all that stuff. Basically you build up muscles, you shield

yourself from your true feelings. You're not ready to get in touch with your feelings, so you separate from them by muscle. You build up a thick wall of muscle and don't get in touch with the deepest level of yourself. I think of the Bioenergetics approach where you have a core which is your true self, your true emotions, love, connection to the universe—whatever you want to call it. The first thing that separates the core from everything else is the muscular layer. It surrounds it; it



holds it in. That's what happens in bodybuilding. People use it to armor themselves. They build themselves up and in the process they become further removed from their true self. That's all part of the ego-building, body-building process.

*Yoga is useful for working through that structural armoring or for "untying knots in the body," so to speak.*

Yes, and I think bodybuilding in its latter stage, especially when one gets older, tends to go in that direction. That's the second part of my thesis about bodybuilding as personal growth psychology.

*Do you think yoga and bodybuilding can work together compatibly—*

*physically and psychologically?*

Yes, I do. For one thing, stretching is a part of bodybuilding that has been neglected until recent years and one of the most useful aspects of yoga is the stretching. The stretching we do in bodybuilding isn't really formal yoga postures, but it has a lot in common with them. When I train I stretch between each and every set. It is like a brief yoga position between every set.

I hold a stretch that involves the body part I'm working for 15 to 20 seconds after every set. I have to recover from the set so I fill in the time with the stretch. It helps me become more mindful of what I'm doing.

*But doesn't building muscle per se constrain your flexibility?*

It might if that's all you do. That's why flexibility movements should be done along with it.

*The stereotyped image of a yogi is a skinny little guy sitting motionless, which would seem to be the antithesis of bodybuilding and its fierce exertion. Do you see a reconciliation between them?*

East and West have to be reconciled because they're parts of the same whole, even if people don't recognize them as such. If you think of bodybuilding as typifying the West and yoga as the East, they're separate and should come together. There needs to be a bridge built between them. That's where the transpersonal comes in. And that's what I call transpersonal bodybuilding.

*That's an exciting concept! Do you recommend that people in yoga training incorporate bodybuilding or weight lifting to their program?*

Absolutely. As a matter of fact, I

have trained some disciples of Yogi Bha-jan from the 3HO Foundation who do kundalini yoga. They're interested in a lot of different sports, you know, including weight training. And I was friends with Sri Chinmoy. He lifts weights and a lot of his followers do too.

In Chinmoy's ashram, there is a gym. He trains with heavy weights every day. His thing is, he has to exceed himself every second. I tell him to watch it or he'll hurt himself. He is so into transcendence that he has to keep going all the time, doing more and more. I find myself becoming more like that—

not to that level, of course. He has been a tremendous inspiration to me. His sort of exemplifies my ideal and I have a lot of respect for him because he is the only spiritual master I know who is a true meditation teacher, a yoga practitioner, a bodybuilder, a strength athlete and a marathon runner.

So I recommend that students of yoga incorporate bodybuilding or weight lifting into their regimen and, on the reverse side, that

bodybuilders incorporate yogic disciplines, especially meditation and visualization, into their training. That's what transpersonal bodybuilding is all about.

*So you see a progression in bodybuilding.*

Yes. It goes like this. When somebody becomes involved in bodybuilding, especially in a more competitive sense, there are very few thoughts about the kinds of goals involved in yoga and meditation and other transpersonal disciplines. But as you go along and get better, you realize that muscle alone isn't going to fulfill you. That realization reaches its climax at the height of competition.



When somebody is competing in bodybuilding, like I was, and goes as far as they feel they have the potential to go and then retires, at that point their whole perspective turns around and these other issues, transpersonal issues, become more prominent. So I think that bodybuilding is character armor; it reaches its climax right before one retires from competition. And then when the bodybuilder does that, the transpersonal issues become more in focus. It's sort of like the death-and-rebirth process.

*Is that because competition is inherently an ego-motivated discipline? And when you reach the peak of success within that framework and find that the traditional rewards simply aren't satisfying, you wonder where you go from there.*

Right. It's an individualistic thing—competition. It's you against everyone else rather than you trying to be the very best you can be regardless of others. That's the way it was for me when I won. That's the focus I had when I was doing it. I realized that it didn't matter what anyone else did. What matters is what I did and I was oblivious to everybody else. That's the approach that I used.

*How do you define holistic? What does it mean to you?*

In bodybuilding terms, it means paying attention to the four major variables of nutrition, exercise, the right attitude and deep relaxation. When I say holistic I mean that the whole is actually greater than the sum of its parts and when you pay attention to all these variables, you get a result that is far greater than if you neglect any one of them.

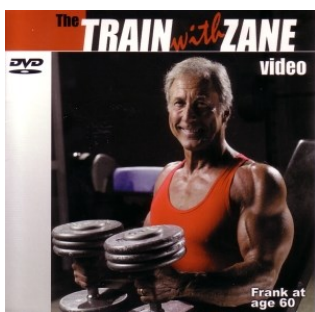
I train people on a personal basis and it's astounding the progress they make

when they do things correctly. Many people overtrain. That's a big danger in bodybuilding. People tend to do too much, rather than just enough—especially young kids. When you're training with weights, you are not building your body in the actual process. The process of weight training is catabolic. You're destroying your body when you're training because you're breaking down muscle tissue. You're building your body when you're resting and nourishing it by eating the right foods. They have to balance. The whole thing is balance.



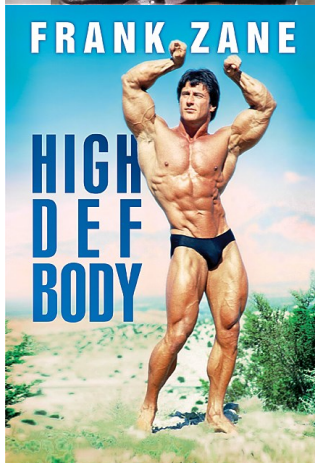


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My **Workouts** book is sold out and has been made available along with **Fabulously Fit Forever** and the **Mind in Bodybuilding** as Kindle and Nook Editions for download to your digital device. If you don't have a Kindle or Nook you can download these to your computer. Go to [www.FrankZane.com](http://www.FrankZane.com) for details.

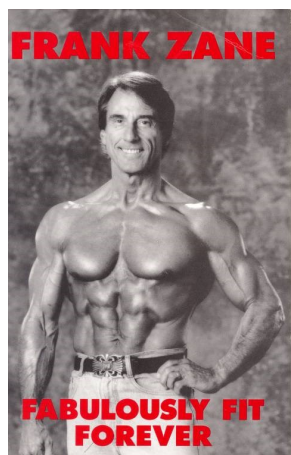


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