

Building the Body



Frank Zane

Winter 2013

Let's **GROW**

My **NEW**
BOOK is
Coming Soon



**FRANK
ZANE**

Frank Zane's Building the Body

Winter 2013 Quarterly

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How to Grow

This is what my new book is all about. How to grow starting with the physical body: workout programs, diet regimen, rest maintenance schedules, everything needed to enable muscular hypertrophy. I like to think of 'hyper trophy' as meaning lots of trophies, lots of trophy for your winning body. These programs are based on what I did and am still practicing in my own growth.

But the book is not just about physical growth. How to grow muscle is addressed as a major aspect because a common aim with young men is to get bigger and stronger. This book tells how to do just that. Everything you need. But if you want to reach your maximum potential as a body creator you need to attend to more than just working out, eating and sleeping.

You need to train your mind and emotions. Meditation is a way to train your mind and they all work in. What I present is methods I've worked with and am familiar because of lots of practice. Just like in work-

ing out, you have to train regularly if you want to make gains, you have to spend time in the mind gym as well. *Let's Grow* is filled with thought transformation techniques. It's important to practice these because what you think leads to how you feel. Your thought determine your mood and feelings. You might say feelings are amplified thoughts. Carlos Castaneda says the world is a feeling.



How you feel is important because it effects the physiology of the body. A lot of energy is lost when under the influence of anger, depression, hatred or other negative emotions. Feelings are triggered by thoughts and if the thoughts are transformed your attitude

changes. A happier state is reached and the body conserves energy. There's lots of proof for this, just check out Institute of HearthMath literature. Working with thought transformation and resultant feeling improvement will help you grow in all possible ways. Each feeds the other.

The *Let's GROW Workout* is a two way split routine. It should be done three times a week, or two times a week at a minimum. It's not how often you do it. It's how well you do it, how good your workouts are. Get a pump on every set. And feel a little soreness the next day in the areas worked. You'll know you are making gains when this happens. Here's the workout:

Day One —
front of body,
abs

Day Two—
back of body,
abs

It's important to develop a trim waistline with good abs as you grow that's why abs should be done every workout.

So what is front of body routine? It's Chest, Front delts, biceps/forearms, abs, quadriceps.

Back of body? Back, rear & side delts, triceps, hamstrings, calves, abs.

Why this kind of split? Because the amount of work each time is equal, the two workouts are approximately the same length. Even though you are working upper body each time you always get a day of rest in between. You might even do a train a day and rest two days cycle. That would be even better for growth because more rest between workouts means more recuperation time for your

muscles to grow and get stronger. Especially if you train heavy you need more time to recuperate. If you don't get the recovery you won't grow in size or strength.

I like the way I feel after a three day layoff because I come back rested, strong and use heavier weights.

The *Let's Grow* two way split routine is followed for three months and is then advanced to the three way

split routine: Day 1 Back triceps abs, Day 2 Abs thighs calves, Day 3 Chest shoulders biceps abs.

Let's Grow is based on the EARN model where E is exercise, A is attitude, R is rest, N is nutrition. Growth is a product of exercise, attitude, relaxation rest recuperation, and nutrition. For maximum growth you must a perfect score in each category. This bodybuilding equation is a mathematical way to track your growth. It's all

explained in the new book

Watch for *Let's GROW* coming out early 2014.



Santa Monica 1979 I'd grown to 205 pounds.

So what's the *Let's GROW* workout routine? Do I have to buy the book?

You do if you really want to know all about it. It's information as well as motivation for applying it. In the meantime you can practice the introductory routine before it comes out and then brush up on it after publication.

I suggest doing it twice a week at first, something like Tuesday Saturday, Wednesday Sunday, Thursday Monday. Where you train a day, rest three days, train a day rest two days. This would be a great maintenance program done this way and a good program to do if you don't have much time to devote to your training. Instead of telling yourself you don't have time to train and skipping workouts, do this program instead twice a week on a regular basis. Get a good pump and you'll be moving in the right direction.

So here are the exercises:

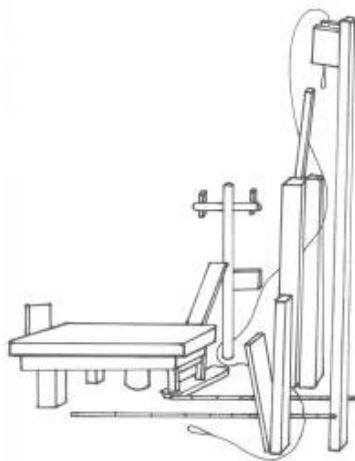
Day 1

- Incline dumbbell press
- doorway stretch
- Dumbbell flies
- doorway stretch
- Dumbbell front raise
- one arm shoulder stretch
- Alternated dumbbell curl
- pronated arms back stretch
- DB hammer curl
- pronated arms back stretch
- Hanging knee up
- Partial situp
- seated twist

Leg Extension
one leg back stretch

Erect Squat.
one leg back stretch

That's ten exercises and 5 different stretches. Your very first workout do one set of 10 to 12 reps. After that do two sets 12 reps on the first set, increase weight and then 10 reps on the second. Do this as long as you feel good from it and it's effective. This might be a month or two,



and gives you a total of 20 sets for the workout which may be enough. Then maybe after two months you can go up to three sets of each exercise doing 12 reps then 10 then 8 reps increasing the weight each set. That would make 30 sets in a workout. If you go up to three sets and get too sore afterwards cut back to two sets for a

while.

Day 2

- Hanging Knee up
- Front pulldown
- 2 arm lat stretch
- Low cable row
- one arm lat stretch
- Dumbbell pullover
- one arm shoulder stretch
- 2 arm dumbbell extension
- one arm shoulder stretch
- Dumbbell kickback
- arms back stretch
- Rear Deltoid raises
- rear deltoid stretch
- One arm dumbbell side raise
- one arm shoulder stretch
- Leg Press



lats, calves, forearms and arms. Build these peripheral groups and you won't gain much weight but you will look more symmetrical. It's a question of balancing growth in big muscle groups and smaller ones. It's not about how much you weigh, it's about how well you are developed.

But squatting is the best exercise for growing since it not only builds thighs and hips but it also makes you breathe harder than any other exercise. Ya gotta do it, but you must do squats without hurting yourself and as you go heavier and heavier in squatting it can take its toll on low back and knees. The answer is the Leg Blaster. Been doing all my squatting with it for last 30 plus years. It's kept muscle in my legs without injury. Check it out at frankzane.com.

Leg curl

one leg up stretch

Donkey or leg press calf raise

calf stretch

That's eleven exercises just as on Day 1 so follow the same progression of sets and reps.

Why Squatting?

Because working the biggest muscles in the body, i.e. thighs and glutes enables you to pack on muscle in areas that can accommodate it. You can't gain much weight by growing your biceps, triceps, forearms, calves, even deltoids because they are small muscle groups. The next biggest muscle group is back which covers the back of the body from waistline to neck. Good to work back seriously to grow. Next is chest, not as big an area as back and you don't want to get your pecs too big or they make adjacent muscle groups look smaller. That's the big issue with growing fast, you need to work big muscle groups to do this. Problem is these groups, thighs, glutes, back, pecs are located in the central part of the body. For the best symmetrical look you need to build delts, wide



The Steve Clark Story

I can remember as a young teenager, the longing to be a Pro Body Builder. As a child I would do stomach vacuums, not having a clue that it was the trademark pose that belonged to my now idol, IFBB Pro Mr. Frank Zane.

As with all childhood dreams do, mine of being a body builder quickly vanished. I gave it a try, but constant teasing from peers quickly put it to rest, as did normal everyday life activities.

Fast forward to 2003, dreams of becoming a body builder had long since been washed from my life. What was about to happen would change my life forever. On March 20, 2003, I underwent emergency Open Heart Surgery, to replace a genetically malformed Aortic Valve. Recovery from the surgery itself was speedy, however the depression that resulted from it would wreak havoc on my life for the next 2 ½ years. These next 2 ½ years saw divorce, loss of employment, death of my grandfather and finally an attempt to end my

life.

June 17, 2007, another significant turning point in my life, I met my wonderful wife Rebecca. After being married about 4 ½ years and us having our little boy, Sharkey Joe, we decided to join a gym on July 21, 2012. I began to share with her my childhood dream and her response, was go for it.

So, I did just that. I trained hard for 9 months and competed in my first competition on April 13, 2013, I was hooked. I knew that I wanted to compete again and she knew that Frank was my Idol.

On Father's Day 2013, she tells me "we are going to visit family in San Diego and I want you to do the 3 day Zane Experience." How lucky can a guy be? It was a dream come

true, I immediately called Frank and set it up for August 2013. Man the anticipation nearly drove me In Zane. Arriving at Frank's gym the first morning was surreal to me. I couldn't believe that I was about to be trained be a man that had

reached the pinnacle in the world of Pro Body Building, not once but three



times.

We started each day off with discussions, the first day we took photos for Frank to review, and then we trained Back, Biceps and Forearms. The second day when I arrived we went over my photos. Frank pointed out both strong and weak areas and what I needed to do to improve. He also altered the photos to show me what I could potentially become if I trained properly. On this day he also invited me to come back on a 4th day to pose with the infamous Fernandez,

There were 140 competitors, proving to be the organizations largest show to date. I weighed in at 174.3 lbs, which placed me in Middle Weight Novice and I also crossed



over in the Medium Height Open Class. Prejudging went very smoothly and the night show was a blast. In conclusion, I took 1st Place in Novice MW Class, Overall Novice Winner and 4th Place in the MH Open Class. My goal for the year had been achieved. I received so many compliments on my posing and asymmetrical

I obviously accepted. On this day we trained Legs and on the third day we trained Chest shoulders and triceps. Man what an experience, I was like a sponge soaking up every piece of information I could.

Frank came out to greet my wife every day at the end of training and on the last day, he told her, "You can have your Champion back now", words that I will never forget. Mr. Zane thank you, from the bottom of my heart for the secrets and training. Ten weeks after I completed my Zane Experience, I traveled to Atlanta, Ga and competed in the SNBF Grand Finale Pro Am.

lines shown. I knew this was all to be accredited to none other than, Mr. Frank Zane. I am still a baby to the sport, but I am enjoying every minute of it. I would highly recommend the Zane Experience to anyone that is serious about taking their training to the next level.

Fernandez wins Trophy

He was due and true to form he pulled it off.. It was the Mr. Border States Contest held in San Diego early October. Last year he came in sixth place in a field of 16 contestants over 40 years of age. This year the field had narrowed considerably because contestants either decided not to enter or opted for the Men's Physique division, aka to us as the Bermuda Shorts Contest. With only 4 contestants in the over 40 division the competition was between Fernandez and the other guy who won .

I was unable to make the prejudging but F. had plenty of sup-



port from friends who attended. "It's between me and this other guy" he told me after the morning's scrutiny, "That's what my friends are telling me". I'd have to wait and see at the evening show....And sure enough he looked impressive, more defined than last year and better shape and proportion all over. I'm amazed that his skin tightened back to where it is now after being stretched out when he weighed 290.

His posing was a lot better too. As I sat in the front row with wife and kids I was very impressed with how he presented himself. He definitely was in the best condition of everyone competing in the over 40 division. But the guy who won was bigger and had great shape and proportion and looked good in his posing



although he lacked Fernandez definition. If the judging was based on conditioning alone Fernandez would have won.

Happiness is that sought after trophy.



Bodybuilding and Bermuda Shorts

It looked like a casting call for a surfer movie. Bodybuilders oiled up strutting on stage wearing Bermuda shorts. They call it 'Men's Physique' competition. How can they when the thighs can't be seen? Whose great idea is this?

It probably started as an attempt to get away from freaky muscle competitions. The bodybuilding contest running experts have pushed the game in a ridiculous opposite direction. Now aspiring bodybuilding competitors can skip leg work, get a long pair of Bermuda shorts, oil up, do a few pirouettes on stage and hope to win a trophy. But there are so many of them looking the same doing the same 'routine' that their chances are slimmer than before the inception of Bermuda short contests.

These contests are catching on. Last year Fernandez competed against 15 competitors in his class, this year it was only 4 guys, the majority of them going in the Bermuda shorts event. And it's happening all over. A client recently told me of

show he attended in Florida where there were a handful of contestants in the real bodybuilding contest but hundreds in the long pants event. I think potential harder core bodybuilding competitors see an easier way to win a trophy without going through the hard work of posing. I don't see anything wrong with this except for the Bermuda shorts. It

allows competitor to get by without having to show their thigh development and this is not the idea of a compleat physique.

The fact that not much posing (little traditional posing if any) is involved makes it easy to judge and hundreds of bodies can be surveyed in record time when compared to the arduous work of judging a traditional bodybuilding event.

So why not just wear speedo type bathing suits or better yet the cut of posing trunks in the 50s thru 70s, that mandate thigh development?



AGEs & AGING

Frank,

FYI. Similar results to the 2004 paper by Vlassara's group - but this 2010 paper brought up a new method of reduction of AGEs in cooked foods technique – marinate the food before cooking in lemon juice or vinegar.

Ed Kellogg

ABSTRACT

Modern diets are largely heat-processed and as a result contain high levels of advanced glycation end products (AGEs). Dietary advanced glycation end products (dAGEs) are known to contribute to increased oxidant stress and inflammation, which are linked to the recent epidemics of diabetes and cardiovascular disease. This report significantly expands the available dAGE database, validates the dAGE testing methodology, compares cooking procedures and inhibitory agents on new dAGE formation, and introduces practical approaches for reducing dAGE consumption in daily life. Based on the findings, dry heat promotes new dAGE formation by 10- to

100-fold above the uncooked state across food categories.

Animal-derived foods that are high in fat and protein are generally AGE-rich and prone to new AGE formation during cooking. In contrast,

carbohydrate-rich foods such as vegetables, fruits, whole grains, and milk contain relatively few AGEs, even after cooking. The formation of new dAGEs during cooking was prevented by the AGE inhibitory compound aminoguanidine and significantly reduced by cooking with moist heat, using shorter cooking times, cooking at lower temperatures, and by use of acidic ingredients such as lemon juice or vinegar. The new dAGE database provides a valuable instrument for estimating dAGE intake and for guiding food choices to reduce dAGE intake.

J Am Diet Assoc.
2010;110:911-916.



The Forgotten Serratus

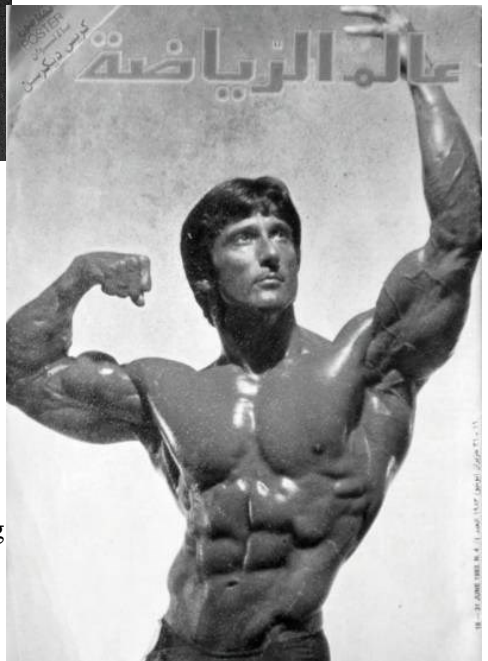


I could be posing for an under arm deodorant commercial. In any case I'm showing serratus. These seldom developed muscles are scarcely exercised. They are important showcase muscles for competitive bodybuilders because they make poses with arms overhead look way better. The main exercise I've done to develop serratus is dumbbell pullover. When I first started training as a teenager there was a section of a log about 3 feet in diameter and I used to lie across it and do pullovers

with a swingbell. (a swingbell is a dumbbell bar loaded with plates at the center and gripped at the ends. That plus lots of dumbbell work for chest like dumbbell flyes and 'around the world' gave me good serratus from the start.

But it wasn't until I started specializing on serratus that they got really good. I worked up to 10 reps with a 125 pound dumbbell doing pullovers lying across a bench. My favorite routine was
Close grip pulldown
DB Pullover
Stiff Arm Pulldown

I've done many training routines but all of them have included serratus work at least once or twice a week. My new upper body split routine emphasizes serratus because I work the area twice a week with: db pullover one workout, pullover machine other workout.



Get Lats

My current back routine is front pulldown super setted with Cable crossover behind neck

Low cable row super setted with Rear deltoid machine

Dumbbell pullover

And then I work triceps.

Doing pullovers pumps the lower lats and serratus and the posterior triceps too so I go into triceps work after working back. I've noticed being stronger in triceps so this is a clue that they will grow. Sure are sore after workouts since I'm using heavier weights on triceps movements because they are not pre-exhausted from pushing movements. Triceps adjacently border rear deltoids which are worked with back doing the rear deltoid machine

Does a wide grip give you wide lats?

Top deadlift—used to do them 1979 on a power rack and my back got thicker and wider.

Wide grip pulldown

Wide grip barbell bench press. I think it can help especially if you keep your elbows out to the side when pulling and pushing. I used to do barbell bench press wide grip and was stronger until I got a shoulder injury and went with a narrower grip. I don't recommend wide grip bench press..

Been doing three sets of 12, 10, 8 reps each exercise increasing weight each set. Form is strict, negatives are slow. A good three minute rest between super sets allows a total of 15 sets for back. And as I stretch I like feeling really wide lats.



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Frank Zane's Egg

PROTEIN

This is no ordinary protein supplement! One scoop (25 grams) of my delicious **Egg White Perfection** has no fat or cholesterol, trace of carbs, only 95 calories and provides over 20 grams of highest quality pure protein. This makes it easy to get an ample amount of protein in your diet for growing and maintaining lean muscle mass while minimizing carbohydrates, fats and calories. My *Egg White Perfection* formula contains **L-Glutamine** in free form to fuel brain and body, boost immune system, and cut carbohydrate cravings, digestive enzymes papain and bromelin, sunflower lecithin, natural vanilla flavor and sweetening (stevia). It is flavor engineered to enhance taste and mix easily with your favorite liquid in seconds.

This product is made from the finest natural ingredients. with free form L—Glutamine help me train harder and feel my best. For a quick protein fix pour 8 ounces of juice in a shaker, add one scoop of protein, and shake for 10 seconds. As a delicious dessert take ten strawberries, add yoghurt, two scoops of protein, mix with a spoon, add handful of walnuts, and eat. Or sprinkle on top of freshly cooked oatmeal and sweeten with agave. My secret of great muscle tone and definition is to maintain an optimum protein to carbohydrate ratio while you keep fats in check. You can do it with **Egg White Perfection**.



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digestive enzymes papain (papaya) and bromelin (pineapple), sunflower
e fuel. L-Glutamine has been shown to help maintain muscle mass when
ng for sweets, and promote a feeling of alertness and well-being.

g White Perfection

SUPPLEMENT



INGREDIENTS: Pure high solubility egg albumen,
proprietary blend of L-Glutamine, sunflower lecithin,
papain, bromelin, vanilla flavors, stevia. ..

Two rounded scoops = 50 grams contain
Protein 40 grams
Calories 150
Fat 0 grams
Carbohydrates less than 1 gram

I add a scoop of my egg white protein to oatmeal in the morning (two hours before workout), a juice drink with aminos after workout, and another as a shake with aminos late afternoon for a total of 3 to 4 scoops a day for 60 to 80 grams of protein, no fat and less than 3 grams of carbs.

2 pounds

HITE PROTEIN
Glutamine

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Layoffs

Working out with those who come for a Zane Experience program is what makes our program unique. My goal is to keep doing this and in order to be successful I have to pace myself. Timed layoffs enable me to balance workouts with recuperation.

Recently, in order to be able to effectively train with some upcoming clients I took a three day layoff. By the time I was training there was no soreness going into the workout and I was stronger and had more energy. Got a better pump and thought 'why can't it be like this all the time?'

Most of my workouts have been overtraining, overtraining balanced by rest. Rest is when the body heals itself and grows. You need it. As I mature there is much more need to rest and conserve energy. So instead of training 5 or 6 days a week, I hit it three times a week and it is just enough. Now that I'm getting in better shape there's riding recumbent stationary bike one minute more each time I do it. Averaging 3 times a week, my next ride is 37 minutes.

I found a great way to stay on the bike for longer periods of time and that is with the Mind Muscle Machine. Wearing the glasses and seeing a kaleidoscopic light show through close eyelids makes me forget I'm riding the bike and I go to some faraway la la land. Before I know it the time is up. The bike is easy, I don't use a high tension and I feel it in both quads, hamstrings, abs and obliques. The ride is about 7 miles and I'm pushing it upwards. Christine does 22 miles three to five times a week.

The nice thing about doing

more and more bike is I feel better from it, starting with the endorphin rush coming on after I finish. And I look forward to doing this because I'm feeling better, seeing more definition and endurance, and enjoying the high.

So if you balance workout frequency and intensity with rest periods between workouts you can reach an ideal place of growing more muscle and feeling really good. My rule is to feel good before and during a workout and get a really good pump. As I maintain this feeling I can feel myself growing

Look your best and then get some rest. Enough rest so that you work through the soreness cycle: train, rest and experience soreness next day, oops I mean 'soariness' and then either rest another day or train depending on your schedule. I have another rule: 'when in doubt, don't workout'. I don't force myself to train, I really want to do it, but not overdo it.

Here are the different recommended layoffs:

Normal layoff between workouts is one or two days when training three times a week as I like to do.

If you are training twice a week as you could with the Let's Grow two way split, then it's a 3 day and a two day layoff between sets (e.g. Tuesday/Saturday workouts).

When something comes up like excessive soreness or overtraining or a minor injury I take a three day layoff and if it an injury I do therapy. I feel real good after a 3 day layoff and I'm strong in my workouts. When this happens it makes me wonder why not train once every fourth day? It would be a restful routine with time to do

plenty of other things and still maintain. But I think more training is needed than that to make progress.

I'm just coming off a 5 day layoff after dental surgery. When I start back it will be light with two sets of each exercise. I'm not in a rush to make up lost time; there is no lost time but there would be lost time and suffering if I trained too much too soon. I know because I've done this. Take your time and do a good job is what I tell myself.

The longest layoffs I've taken are due to illness or surgery. Last year I took almost three weeks off to recover from illness. Had to start back from square one with a one set per exercise of a two way split routine. At that time it was upper body, rest a day, and then work lower body. After two weeks of that, and allowing myself to work up to two sets of each exercise, I switched to the three way split routine done three times a week. Early in my training I met a prominent bodybuilder who came back from layoffs by training the full body every day several days in a row doing one set of each exercise. It meant a little soreness each day until he got used to it and then it was back to his normal routine.

The main consequence you need to adjust to coming off a layoff is living with the soreness. So you don't want to create too much by doing too much too soon. My rule is this: I proceed normally after a three day layoff and feel stronger. But after a 5 to 7 day layoff I come back

light doing only one or two sets of each exercise for the first few workouts. For more than a week layoff I practically start over, going to a 2 way split routine with minimal sets the first few weeks.

Do not rush coming off a layoff. Consider your first workouts back as if you are starting over because you are. Progress gradually and you'll be back without losing much time.

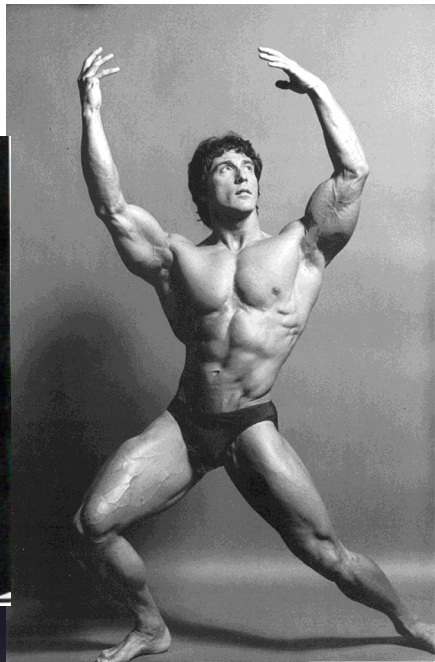


The Art of Posing

I like calling posing 'kinetic sculpture'. The body assumes statuesque like positions and moves in a dynamic yet graceful fashion from one pose to the next. It's a Tai Chi type movement.

Attention should be paid to the movement between poses, it shouldn't be clumsy. These positions should be photo opportunities just like the poses. Here are some positions caught between poses. We call them 'transitions'.

With 'kinetic sculpture' the body moves (kinetic) from one statuesque position to another. When the

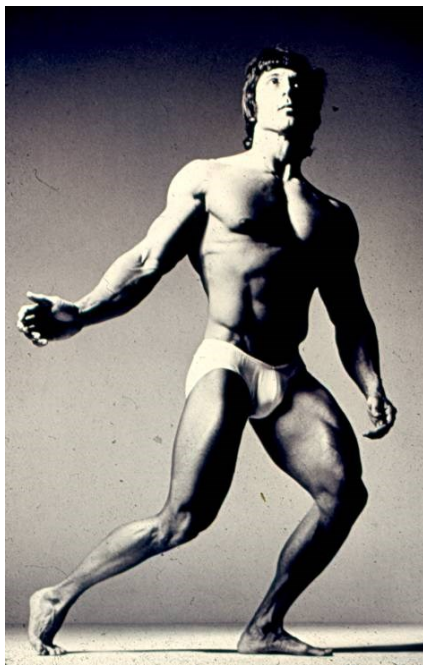


Can you visualize

right position is reached it is held for varying lengths of time depend on the effect desired. I always held poses for a good amount of time on stage to give photographers good looks. This is statuesque posing and virtually every position of the body is a pose. Not strictly muscle poses but showing muscle and flow of movement.

These photos are stop action of movement.

Point is the body should look good in all positions and whenever you stop and hold a position you give everyone a good look at your development. So you better be built to do this. Many posers I competed with didn't hold poses more than a fraction of a second, the movement was good but the 'statue' couldn't be judged because it wasn't standing still long enough.



How do you make the transitions from pose to pose?

What is the expression going into a pose?
No one showed this better than Ed Corney.



Show attitude

Email

Dear Frank,

I'd like to thank you for the most incredible experience of my life. For me it was a dream come true to learn from you. I learned a lot not only in training but in life. Thanks for the flute, the harmonica, books, bananas and your words. It meant a lot to me and they will never be forgotten.

You are truly a free spirit with a tiger's heart. Powerful combination.

Gate gate paragate parasangate bodhisvaha

R=

Frank,

As always, I enjoyed reading the latest BTB. Thanks for allowing Steve Cobbold to express his view of human identity in his article "From Mice to Men." However, left me rather disappointed.

Cobbold seems to reduce manliness to little more than testosterone. His view of human identity seems materialist, as if our mentality is determined strictly by biological factors. To put it into yogic terms, Cobbold's view of human identity is limited to nothing above the third

chakra (although he does recognize what used to be part of the socially desirable masculine identity, namely, good manners—"old-fashioned" manners—such as holding open a door or offering a seat to someone).

The view I have of human identity is congruent with yours, which goes well beyond Cobbold. You see the human person as having a physical, mental and spiritual aspect which unfolds as we go through life. Our unfolding of the higher aspects of ourselves can be accelerated by psychological and spiritual activities, all the way from the psychotechnological devices you employ to old-fashioned meditation practices. Those give the practi-

tioner a clearer understanding of ourselves beyond the physical.

Of course, the physical is real and needs to be respected and operated properly. That's why you recommend products such as your XYZ powder. But you don't claim that XYZ powder will make you enlightened. Cobbold seems to think that increasing a man's testosterone level will remove his self-doubts and feelings of inadequacy about who he is. Yes, he is right to warn about ingesting substances (the "hidden enemies" he mentions) which are biologically harmful, but he is wrong about the value of ingesting substances to make us "a man."

Why? Because our identity as

human beings is beyond gender. As Buddha put it, with neither a male nor female body will enlightenment be attained.

Cobbold's view might best be described as incomplete rather than wrong. He's pointing men in the direction of attaining a fully functional ego, rather than going beyond the ego. He's defining a man as someone who has brute, aggressive strength (his words, not mine) rather than an enlightened person



in a male body who can employ his physical traits and abilities as needed to help others.

I recently published a book on Amazon entitled *WOMEN AND THE WARRIOR WITHIN: A Guide for the Spiritually Aspiring Female*. In it, I discuss the male psyche and how women need to understand it for their own growth and higher human development. I'm sending you a copy just for your possible interest.

Best thoughts, John

Hello Frank

I discovered bodybuilding thru

art and my fascination with greek and renaissance sculpture. I jumped into training feet first especially after seeing your physique and your peers from the 60's and 70's. Those black and white photos are still what propel my workouts. I recently took up focused training again and discovered some old artwork I thought long lost from my high school years. I was fan to say the least.

I hope you are well and this finds you well. I hope you are able to view the piece. A back double biceps shot with that classic twisted torso. You did it man and no one has since.

Thank you for your time
Jesse Stuber

Hi Frank,

I really enjoyed reading your book "The Zane Way To A Beautiful Body". I am curious about your perspective regarding exercise variety and its role on improvement. Some bodybuilders, such as Bill Pearl for example, would include a lot of variety in their programs and believed it to be very important to change exercise routines every month or two to keep the body from adapting to a particular stimulus. Do you think that changing exercises after a period of time is a good way to prevent muscle stagnation and ensure continued improvement, or can good progress be made with sticking to a particular bodybuilding routine using the same basic movements for months and years? Do you feel the basic movements, such as squats, bench presses, barbell curls, barbell rows, etc. should be included in every routine from beginner to advanced levels and should not be replaced by other movements.

Thanks in advance for your time!

Eric,

The body thrives on routine, the mind craves variety. I seldom change the exercise I'm doing in my workouts. I experiment from time to time with new movements, add some, delete others. But there are only so many exercises I can do, about 50 in my gym, everything I need. Don't do 'em all the time, but I do varietize them. I do not consciously change my routine frequently, it changes itself. Even though I follow the same basic pattern in my training the body needs something to adapt to, to get good at, so I keep relatively the same movements which after almost 60 years of practice I've become quite skilled. Even



though I follow the same basic routine for periods of years, no two workouts are exactly the same. I know because I write them all in my journal. My rule for dropping an exercise is if it hurts don't do it (joint pain), regular squats, bench

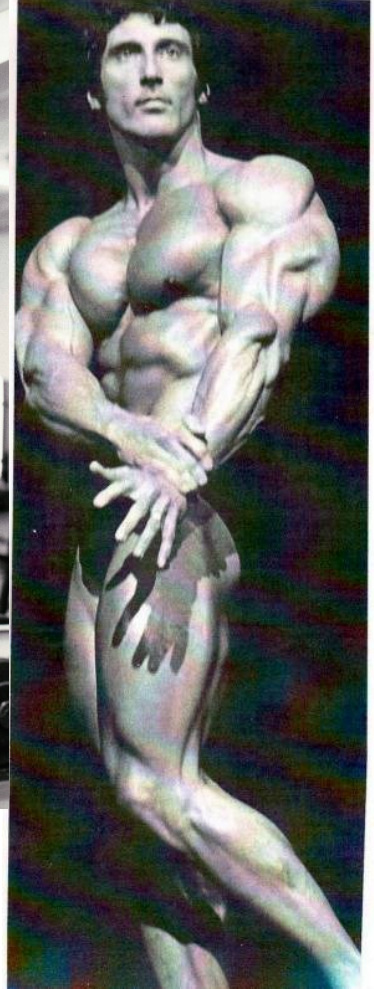
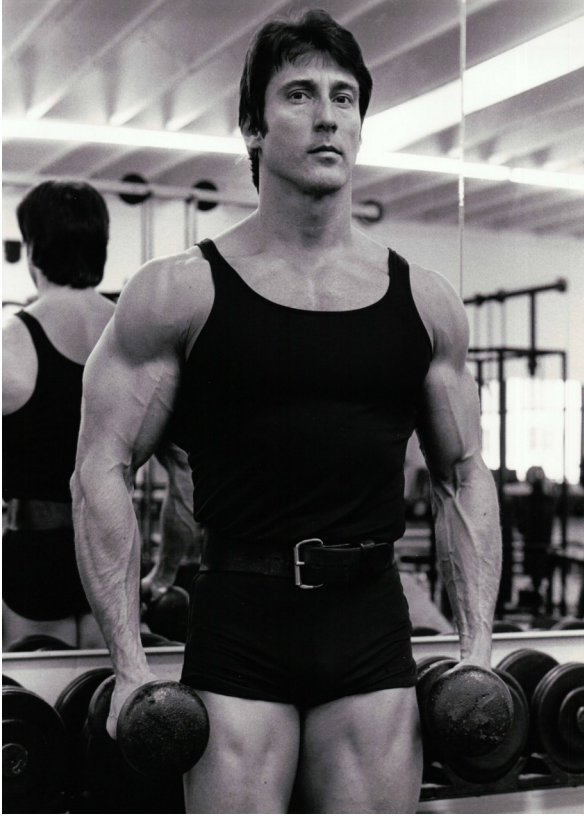
*press, deadlifts have been out for a long time. To create variety we do a randomized routine on the 5-5-4 day cycle as described in **High Def Body**.*

FZ

Do Your Workouts Work?

Do I fall asleep easily? YES
Can I relax at will? YES

Get answers like this and your workouts are working and you are doing things correctly. Let's look at each one:



If they dont, change them. If they do keep them. But first ask yourself:

Am I getting a pump in my workouts? YES

Do I feel tired a lot? NO

Am I getting stronger? YES

Do I feel like I'm growing? YES

Do I enjoy my workouts? YES

Do I feel good from training. YES

Do I feel tired after training. NO

Do I get enough sleep? YES

Do I yawn a lot during the day? NO

Am I calm most of the time? YES

Taken at the 1976 Olympia Frank was in amazing shape for that show because his workouts and nutrition were near perfect before the competition.

It's important to get a pump on every exercise. Do reps slowly (slower on the negative) with rhythm and stretch the bodypart you're working between sets. You should have a good pump after two or three sets of each exercise.

You can feel tired from training and when you do it's important to rest. Sleep or meditate. Fact is meditation is two times more restorative than sleep. I find myself sleeping less (5 hours a night) and meditation more (1 to 2 hours a day) as I ripen with age. But over time as you train and get in better shape, doing endurance work as well as weight training, you will feel more energetic. I notice this as I've worked up to 30 minutes of stationary bike 3 times a week.

A big issue in bodybuilding is overtraining, many people do it. The only time you should overtrain is in preparing for a contest. As your workouts intensify the last month prior you work yourself into a state of overtraining 6 days before. And then you rest and rebound from it in fantastic shape.

The key to making workouts work is balance. You have to train hard enough to elicit a little soreness the next day in the bodyparts worked. If you do too much you may get sore two days after your workout because it takes longer to heal. I stretch a lot

when I'm sore.

When my training is going good I feel growth and I'm getting stronger. And this makes me happy and I enjoy my workouts even more because they are working.

I feel exhilarated after a workout and later that evening start getting sleepy so that by 11 pm I'm ready for sleep. Some aminos (especially tryptophan and arginine) with a piece of fruit and in a half hour I'm drifting off into deep dreamlike sleep. No need to yawn the next day after deep restful sleep because I'm totally relaxed and calm as I go about the day's activities.

You need your workouts to work in order to make progress. The final verdict on your progress is what kind of changes in your body do you see in photos taken over

time. The key is to keep doing everything right.



L-Glutamine

Our new Egg White Protein has a protein efficiency ratio of almost 90 percent. It has many advantages: It contains natural ingredients like sunflower lecithin and it is sweetened with Stevia and vanilla flavoring.

The amino acid L-Glutamine is added to boost the effectiveness of the product. With digestive enzymes papain

from papaya and bromelin from pineapple make it easy to digest and it mixes instantly with any juice or any liquid because of its highly soluble texture.

Here's why you should supplement your diet with L-Glutamine:

Under normal circumstances the body can synthesize sufficient L-glutamine to meet physiological demands.

However, there are conditions where the body cannot do so. Recently, L-glutamine has come to be regarded as one of the most important of the amino acids when the body is subjected to such metabolic stress situations as trauma (including surgical trauma), cancer, sepsis and burns. Under such conditions, L-glutamine becomes an essential amino acid, and it is therefore very important to ensure adequate intakes of the amino acid in order to meet the increased physiological demands created by these sit-

uations.

L-glutamine serves as the most important nitrogen shuttle, supplying nitrogen for metabolic purposes (from glutamine-producing tissues, such as skeletal muscle) to glutamine-consuming tissues.

L-Glutamine participates in protein synthesis, energy production and, if necessary, the production of D-glucose and glycogen. Importantly,

L-glutamine can serve as the primary respiratory substrate for the production of energy in enterocytes and lymphocytes. L-glutamine is considered an immunonutrient, and supplemental L-glutamine is used in medical foods for such stress situations as trauma, cancer, infections and burns.

Supplemental L-glutamine may have immunomodulatory, anti-

catabolic/anabolic and gastrointestinal mucosal-protective actions. It may also have antioxidant activity. Supplemental L-glutamine's possible immunomodulatory role may be accounted for in a number of ways. L-glutamine appears to play a major role in protecting the integrity of the gastrointestinal tract and, in particular, the large intestine.

Therefore, supplying supplemental L-glutamine under these conditions may do a number of things.

GLUTAMINE

*My morning scene
Is L Glutamine
It wakes me up
my attention is keen
In the brain
turns into glutamate
Excitatory neuro
transmitter supreme
Before my workouts
makes me feel great
Taking glutamine
I feel real lean
I'm not foolin
L Glutamine is fuelin
L Glutamine is fuelin
my training machine*

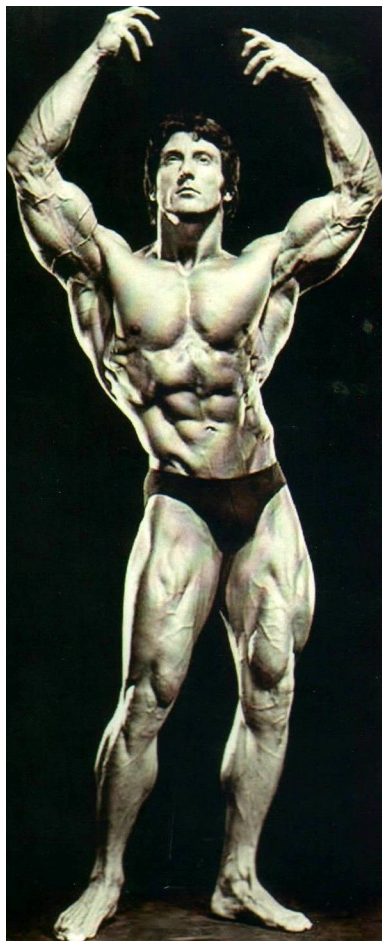
For one, it may reverse the catabolic state by sparing skeletal muscle L-glutamine.

There is some evidence that glutamine can help protect against some of the immune impairment that is sometimes seen in exercise "overtraining." Lower resting levels of plasma glutamine have been observed in some athletes suffering from overtraining syndrome, characterized, in part, by transient immune suppression. In a few preliminary studies, oral glutamine supplementation appears to improve some measures of immunity and to decrease post-exercise infection.

In a placebo-controlled study examining infectious morbidity in multiple trauma patients, oral glutamine was credited with significantly reducing the incidence of pneumonia, sepsis and bacteremia. In another recent randomized study of critically ill patients, supplementation with oral glutamine was said to have significant hospital cost benefits, reducing cost per survivor by 30%. Oral glutamine might help curb alcohol craving.

What I really like about glutamine is the taste. Whereas most amino acids taste terrible, glutamine has a sweet taste. Not an oversweet taste but a flavor that makes it unnecessary to take in capsule form. Not so with other

aminos: tryptophan is bitter, so is arginine, and leucine has the worst taste of all. That's why I wonder when people are taking an nitric oxide formula as a drink containing arginine. Can't be much arginine (which produces the vasodilator nitric oxide) in these products, if there were the taste would be rank. Our Egg White Perfection formula tastes good and glutamine not only provides all the benefits described but also contributes to good taste.



Our Egg White Perfection formula tastes good and glutamine not only provides all the benefits described but also contributes to good taste.

All of the ingredients of our new Egg White protein make it the only protein supplement you'll need. I like to add a scoop (two tablespoons) to a high fiber cooked cereal like Kashi 7 whole grain pilaf sweetened with agave before my workouts. After my workouts I have a small drink with two scoops of protein my favorite juice. Got a Bullet Blender recently and now I'm pulverizing spinach, pear, banana, orange, pecans (not all at once of course) in a delicious drink and feeling great from it! .

The Old Weaver

In the city of Sandhonagara there lived a weaver with many sons. Through his weaving he became wealthy and married wives of good family to all his sons. He continued to live with them and the entire family of this weaver prospered without measure. The wife of the weaver died when the weaver himself was eight nine years and had become aged, decrepit, and infirm in body. He would eat successively with each of his daughters in law, but everyone laughed and made fun of the behavior cause by his age.

The daughters all met together, for they saw that people were truning away from seeing their old father in law, and they were accumulating evil. "Let us build a thatched hut in the garden," the said, "and feed him there." They all agreed to this and acted accordingly.

By chance the guru Jalandhara came to that area and went to the house of the weaver's eldes son asking for food. They invited him to sit down, and when the wife had completed the cooking preparations, she invited him in. The guru went inside and ate the food prepared for him and as he was preparing to leave the wife of the eldest son said to him "Guru, sleep her. Do not go to another place". Please sleep in our beautiful garden." So they led him out to

the garden and set up a lamp there.

The old weaver heard the sound of the man and wondering to himself who it might be, asked, "Who is that making the noise?" "I am a gues, a man of the Dharma," the master answered. "Who are you?" "I am a weaver" was the reply "the father of the house. When I was a young man I was the real owner of this place and its property. Now all my sons and daughters in law ridicule me, so I have been put here in this garden. Indeed, the things of the world are insubstantial."

Then the guru said to the weaver, "All composite things are impermanent. All the world is painful. All existing things are without substance. Only nirvana is peaceful and happy. Do you want the Dharma which is the provision for death?" And the weaver said, "I want it." The guru then gave the weaver the initiation into the mandala of Hevajra,

gave him instructions, and started him meditating. And then he left.

The weaver committed the guru's instruction to memory, but he did not tell these instructions to any of his family. He practiced for twelve years and obtained many qualities which were observed by men.

At this time the eldes son had just finished weaving a fine cloth of silk, and was giving a party to celebrate, so he forgot to bring food to his father. That night the daughter in law remembered and unseen by her husband and the guests, went to take



food to the old man.

Inside the hut there was a great brilliance. The old weaver was surrounded by fifteen maidens, and there were many kinds of food in view. The woman, seeing ornaments and clothing not belonging to the world of men, hastily returned to the house. She said to her husband, “Go and see your old father!”

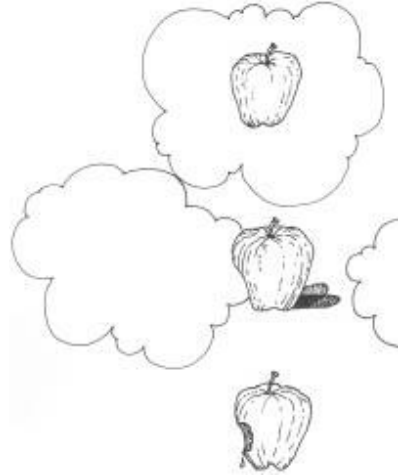
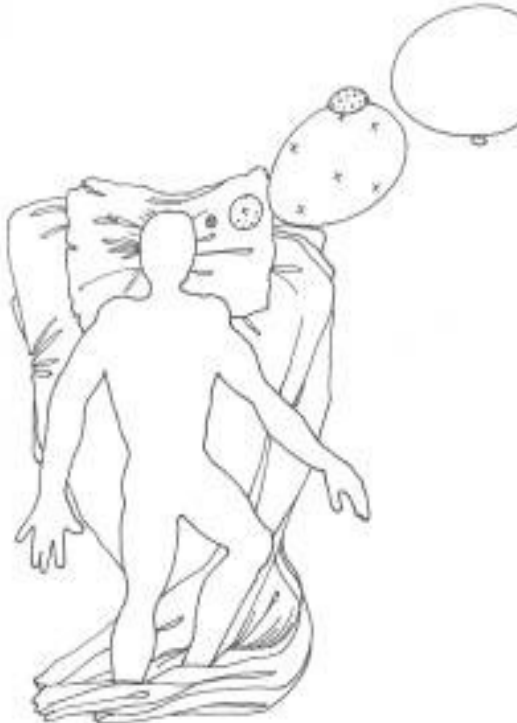
The husband began weeping, thinking that his father was dead, but the other men went into the garden to look. All of them saw these things and were amazed. After returning indoors they said among themselves, “This is not human—it must be the work of a demon.” But by the next morning the news had spread and all the people of Sandhonagara came and gave reverence to the weaver.

He then came forth, transforming his body into that of a sixteen year old. Measureless rays of light arose

from his body and none could bear to look upon him. His body was like a polished mirror, and everything appeared as light.

The old weaver became famous everywhere as Tantipa and did measureless deeds for the benefit of living beings. Finally he went bodily to the realm of the Dakas, together with an uncounted number of living beings from Sandhonagara. By having faith and devotion and listening to the instructions of the guru, this old man was able to gain the success of Mahamudra in this very life.

from *Buddha's Lions,*
Lives of the 84 Siddhas.



Frankly Speaking

I intend to keep teaching Zane Experience programs for numerous reasons, the most important of which is it helps me stay in shape. Pushing 72 years of age I'm hoping to teach this program well into the future, but if you really want to learn from me personally I'd do the program soon.

Win with your Posing is a new service for those preparing for bodybuilding competition, I will personally help you put a posing routine together in 2 hours for \$250.

Phone Consultation—email a few full body photos in a bathing suit along with a short description of current training and diet and we'll schedule a half hour phone consultation. \$95

One Day Quick Zane Experience is a 3 and a half hour program to give you a training routine and nutritional advice. You will learn good form and what to eat.. \$495 or \$395 each with a friend.

Two Day Zane Experience (7 hours total) is for intermediate trainees and teaches the two way split routine working upper body one day and legs the next, along with nutritional advice photos are taken and you are shown what your body could look like. \$995 or \$895 each with a friend.

4 Day Zane Experience (12 hours) is for advanced bodybuilders preparing for competition or those seeking personal trainer certification. It includes photo analysis. The 3 way split is taught and you work out with Frank. \$1995

3 Day Zane Experience is same as 4 day with out personal trainer or contest prep program, just 3 days of training the 3 way split with Frank. \$1495.

Before you do any of the programs including phone consultation it helps to have some background and suggest you

acquire Frank's *Symmetry* and *High Def Body* books, the Workout DVD to study exercise form, and the *Let's Grow* book when it is published.

Get *Symmetry* free when you buy *High Def Body* and the DVD \$75 postpaid in USA, \$90 Canada, \$95 overseas

Training was going great up until early late November when I had to have oral surgery. This impaired my eating habits and forced me to take a week off from training. And then coming back gradually I'm getting the hang of it again and doing my new three way Let's Grow routine: Tuesday Chest biceps forearms, Thursday legs, Saturday back triceps, abs and stationary bike every workout day. I still haven't reached a peak although I can feel myself getting leaner. My goal is to print some good photos in this publication so I'm keeping up the regular training with a reasonable diet and gradually get better and better, just like in

the 1970s.

So I'm working on the *Let's Grow* book with target publication date early 2104, it will be the same size as *Symmetry* book and cost the same \$29.95 plus postage. You can reserve an autographed copy and get an autographed photo of your choice by simply emailing me your request along with what photo you want. Then when the book comes out you'll be high on the list to get it quickly. I'm liking the material in this book, and I think you'll like the growth programs which are working well for me. FZ

FRANK ZANE



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NEW

Frank's Egg White Perfection—This formula far surpasses anything on the market. The addition of glutamine makes it a super food which is easily added to your diet. \$59.95 plus postage for a two pound container. Paid subscriber price is \$54 + \$6 shipping for a total of **\$60 postpaid** priority mail. Get a month's supply of **two 2 pound containers for \$119 post-paid.**

Super Sports Aminos Taking these 15 aminos in free form give you the end product of protein digestion and allow you to get the substances your cell are me of without increasing calories. Taking aminos throughout the day was al-

ways the way I prepared for competition. month's supply is **\$50.** Good idea to take one VitaminZ Plus when you take your aminos.

VitaminZ Plus has all the vitamins and minerals you need and it helps the aminos absorb. **\$40** for month's supply Here's the plan, it's how I do it:

Pre workout:

3 aminos with one VitaminZ Plus.

One to two scoops **Egg White Perfection** sprinkled on oatmeal with agave as

sweetener (it's a low glycemic sweetener from the blue agave cactus) two hour before training.

After workout:

One VitaminZ Plus with 3 aminos followed by One scoop Egg White protein in a drink with fruit.

This plan gives me protein and carbs before and after my workout. I know it's working from the tremendous pump I feel when training.

You can customize your program even more by adding Super Sports Aminos, VitaminZ Plus, Arginine, Tryptophan, Liver Extract, Fenugreek, Megazyme at a 10 % discount.

This is a superior nutritional program, easy to follow and keep following. It removes the guess work and hassle of

having to open lots of pill bottles. I've experimented a lot over the years trying everything, and this program is the best one yet. I am taking feeling good for granted.

All the best,
FZ





Building the Body

Winter 2013