

Build Muscle and Confidence

Be Successful

a poem by Frank Zane



I define my body just like Nature defines four seasons.

Winter's a season with Maintenance as its theme

Springtime means growing pictured by the color green.

Summer's intensity is glowing lava red hot.

Autumn is maturity, harvest, ripeness, not rot.

Making continuous progress to the full

Needs a plan to reach predetermined goals.

Coming in two varieties:

A short-term goal you reach in 13 weeks.

It's the exact length of a season of nature you seek.

To develop a trend, start to get in shape, the reason

You arrive at where you want to be and beyond

At the end of each training season.

Know that Nature always reaches her goal.

A new trend in the beginning

Finishing it at the season's end.

Long term goals are for the entire year.

The sum of the goals you reach

Each season, brings you near

Best possible body you can seek.

Improvement destination

Stretching 52 weeks. **Be successful.**



Near my house I can see
That my life is just like the growth of a tree
And plants that grow single mindedly
Undisturbed by others
Always fulfilling their wish
Welcoming change...without hesitating
There's no abiding self to complain
About not making gains.
For plants and trees know
When **it's time to grow**
And then reach their peak
And finally blossom and bear fruit.
How I long for, how I seek
The plant's instincts are quite unique.

I want a basic place to live.
That way there's less to wear away
Year after year.
Material possessions keep adding stuff
If my house is not finished
It's because I still don't have enough.
Yet as I move from floor to floor
Sensing the energy, feeling I am the building
What I need is less, **around my waistline** not more

Yes, it's parsimony for sure.

I live and work in the house of me.

Though each room is different I'm the same

Kitchen, gym, bedroom, walkways

Eat, train, sleep here **make gains**.

No one complains.

Me and you share the same house too.

Build your place for living!

Create my **body** a beautiful body!

And learning how to best live in your building

What I want is to be successful at **body** sculpting.

It's what the whole life process is about, more & **more**

In the course of my training, I know I will **build muscle**.

At first, we may wander **about**

Searching through books studying **& learning**

Wondering what and where is **the best** for us.

Find the effective method to **build** body!

Before long we **discover** our spot

Showing progress results in satisfaction.

And **begin** construction with materials found

Yes, you, **making gains** when you know how.

Stone, ores, trees, clay in **the ground**

Lifting weights **feet planted firmly**

We **build** this house of us.

Train & **your body** will develop

In your own unique **way**
You will **build body to go.**

Much like following **the rules of carpentry.**

Building your body by you, you can't go wrong.

The **blueprint** comes first and with this plan in mind,
Because **for perfection** you are doing everything right.

I lay the foundation in long straight **symmetrical lines.**
My body will have **perfect proportion and balance.**

Cementing cinder **block** upon block
Muscles **hard as rock.**

Balanced level construction

Build a **body** the body **of my dreams.**

There is not much **time** for just talking
So now is the right time **to train hard.**

And soon my house is erected **before noon.**
Zane Experience finishes **training with a great pump.**

My focus is keen, my **building** has begun.
I know that it is a very **useful skill**

And everyone has seen, the **building** process is fun.
And the better I learn it the better **my body.**

Building the body

I know my **muscles.** I like

My house the archetype,

It is just **like my body it's the same.**

Foundation, floors, walls, fireplace, chimney, windows, halls.

Each **is solid** and just like every one of my body parts.

This house is my body **built by repetition**

More reps mean better **definition.**

Building I learn new skills.

I love **my body.**

Time and labor-saving secrets

I realize what **is needed** to succeed.

Forgetting all the frills

I know **never to stop learning.**

Looking out from my house of me,

In a dream I saw my body to be.

From all I can see

I am a subset of infinity.

The earth too is just like my body.

I am to the earth as a cell in my body is to me.

And the oceans too,

Since most of my body is liquid,

Are like me and you,

Water in my cells, blood in my capillaries.

With each season that's new
A new trend is begun.

That runs to **completion**.

Each season **has its plan** and reason.

Just as Winter is not Spring,
And Spring is not Winter.

Train smart and **get enough rest**.

Overtraining is not the thing. **You will succeed**.

Sculpting the entire year **training**,

Building your body

A statue not of stone or clay,
Both sculptor and statue are the same.

Layer upon layer form.

Muscle size and proportion,

Aesthetic symmetrical lines,

Nothing's too big, small, loose, or tight.

Composition is perfect, everything is just right.

This kind of development takes a lifetime to realize.

To **build definition** and **maximize muscle size**,

First build some size so there's something to define.

But not so fast that muscle expands out of your skin.

Say no to stretch marks and as fast as you please,

Gradually **grow more** proportionate muscles

You'll be glad you did, so do it with ease.

No muscle group overshadows any other.

In a perfect body all muscles are like brothers

Where all body part relatives proportionally shout

As every single muscle shines and stands out.

In whatever you are doing,
Total attention to what you are doing.

All it takes is living fully in the **now**.
Wherever you are, fully in the **moment**

Not stuck in flashbacks of the past.
No speculation about the future.

You sure will be powerful
Just admit **you can do it**.

There's no difference, I'll **bet**
Between me and this workout

Since I am part of one giant set.
In reality there **is no difference**

Between this dumbbell and me.
Yes, **the charm of it**

Is regarding that **dumbbell** I see **building**
As an extension of my **arm**, part of me.
No mind wandering or conversation during sets or in between.
Moving rapidly **make each set really count**.

Not resting more than one minute in between
Barely **catching** your breath amounts

To cultivating the breathless state.
Pacing the floor, **stretching between sets**.

Workout is one giant set of exercises breathing me.
Train like this and **get in great shape** for all to see.

Summer training, that's what it is.

And the harvest is ready after months of laborious summer.

Reach your peak by going through all seasons of training!

Winter maintenance, growth in spring, intensity of summer

The colors of autumn leaves are brightest just before they fall,

These brilliant leaves orange, red, yellow

This communal hymn begins to fall,

Around my home, around my gym.

I am as one tiny cell in the body of earth,

Just as my fingers are part of me,

Living breathing free.

Earth dirt collects under my nails.

This ego is due for sure manicure.

Humble but confident **muscle,**

Gathering experience, **growing** mature

Trodding on, seeking how to **improve**

Using life situations as motivation to move me

Toward the goal on this path

Which widens into a road at last.

Looking out from my house of me

I see that now the trees have lost their leaves

But growth is still to be found.

As roots drink life fluid

A vast network expands underground,

Just as the roots create the future tree.

In this present life abounds

What you think, say, and do

Creates your future body.

