

# Training with Frank Zane

Dr. Joe Metzka

## Tell us about yourself. You were a football guy, right?

Yes, I was an NCAA small school All-American football player in the 1990s, and I'm now enshrined in the halls of fame at both my college and my old high school, in Illinois. In high school, I played football, basketball and ran track. I also did club kickboxing, and I was a high school clean-and-jerk state champ in Olympic weightlifting. In addition to football, I threw the javelin in college track & field as well.

I've always been around sports and athletes. I still work with athletes and their mental skills today. I even did my doctoral thesis in psychology on "personality types among elite NCAA football players."

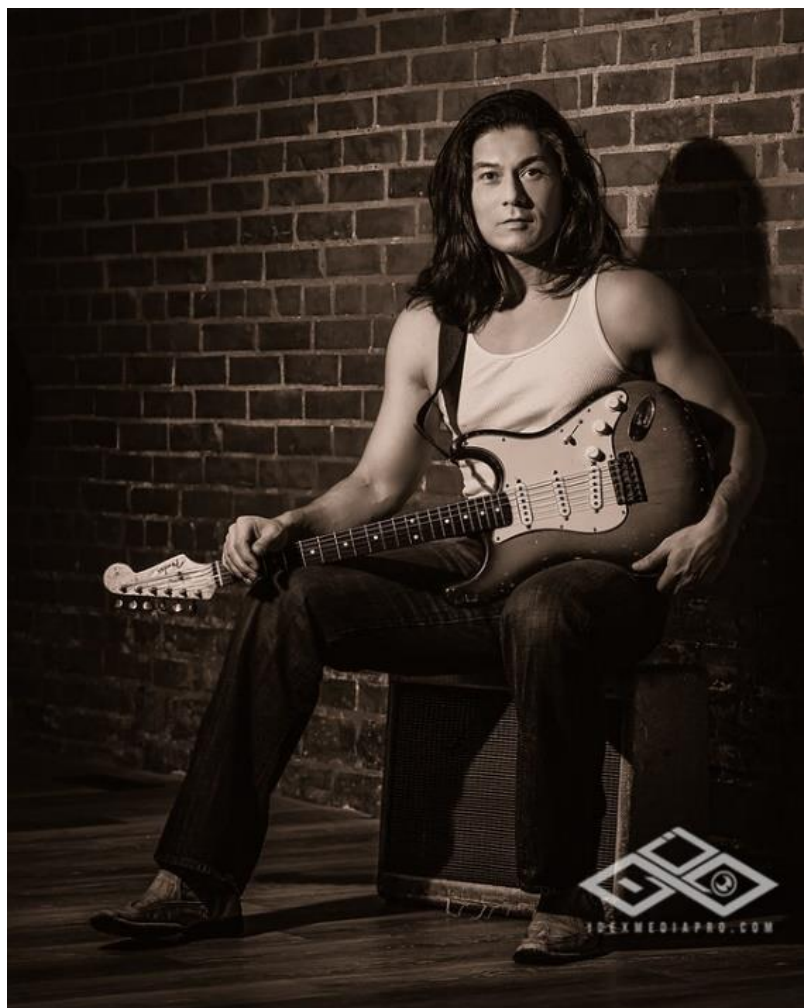
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These days, I live a crazy life as both a psychology professor, and also as a professional musician.

## How did you meet Frank Zane?

I recently wrote a football book, "The Mental Game of Kicking" <https://coacheschoice.com/the-mental-game-of-kicking/>. The task mastery for football kickers and punters really does occur between the ears; when I decided to write a chapter for them about modeling mental skills from other sports, Frank immediately came to mind. As everyone in fitness knows, Frank Zane is a *master* of the mental game of bodybuilding!

When I contacted Frank and asked permission to use his photos in my book, he generously shared some awesome photos with me (figure 15 & 16). To my pleasant surprise, he then offered to help me get into shape. When he saw my band's recent album cover, he said, "sweet photo! Let's beat it." (Figure 1)



**Figure 1 - Joe Metzka Band (age 47)**

**What exactly was Frank's training program for you?**

Frank put me on his "91 Day Wonder Body" program <https://frankzane.com/product/91-day-wonder-body-franks-newest-book/> and tailored the workouts and diet very slightly to suit my unique needs.

Despite my athletic background, I had never seen my abdominal muscles in 47 years. (And I have tried other workout programs that you've heard of.) Well, you can see the results from his program for yourself (Figure 2-5):



**Figure 2) "91 Day Wonder Body" Day 1 (Age 47, 5'11," 202 lbs., 18.5% bodyfat)**



**Figure 3) "91 Day Wonder Body" Day 91 (Age 48)**



**Figure 4) "91 Day Wonder Body" Day 91 (Age 48)**



Figure 5) “91 Day Wonder Body” Day 91 (Age 48)

**What did Frank think, when you completed his “91 Day” program? Did you guys make fitness plans going forward?**

With Frank’s help, I got into the best shape of my life, at 48 years of age! Mind you, I had been working out regularly, prior to meeting Frank. His program was just that transformative!

Of course, Frank didn’t want me to settle there. He implored me to make bodybuilding a lifestyle and encouraged me to keep setting new goals.

So, to challenge myself - and with Frank’s encouragement - I entered my first ever bodybuilding exhibition at age 49, and I trained for it by following his new “91 Day Peak Physique” book <https://frankzane.com/product/91-day-peak-physique/>.



Frank again fine tuned my training and diet, and we kept building on the foundation of his original “91-Day” program. I made even more progress than I ever would have thought possible! (Frank knows **A Lot** about diet and supplements <https://frankzane.com/product/super-sports-amino-acid-complex/>, which is why the “Original School” guys all called him “The Chemist”).

I entered the “Classic Physique” division. We won the master’s (over 40) category and won the open category “tall” class, though I ended up 2<sup>nd</sup> place overall, down to the final callout of the day. I had wanted to sweep everything, just to pay tribute to him for what he’s done for me, but Frank was quick to tell me that this was a quality showing for a 49 year old guy in his first ever bodybuilding competition.

Frank even gave me expert pointers on the art of posing <https://frankzane.com/product/31-day-wonder-posing/>, <https://frankzane.com/product/symmetry/>. So - with his blessing - I was able to pay homage to his legacy by hitting many of his classic poses onstage that day. No one will ever do them like Frank, but it sure made us the crowd favorite, especially among the women in the audience! (Figure 6, 7 & 8)



Figure 6) “91 Day Peak Physique” Day 91 (Age 49 years, 195 days)



Figure 7) "91 Day Peak Physique" Day 91 (Age 49 years, 195 days)



Figure 8) "91 Day Peak Physique" Day 91 (Age 49 years, 195 days)





Figure 9) "91 Day Peak Physique" Day 91 (Age 49 years, 195 days)



**Figure 10) “91 Day Peak Physique” Day 91 (Age 49 years, 195 days)**

With Frank’s guidance and encouragement, I raised the bar and found yet another level of fitness. We improved on what was already the best shape of my entire life - at nearly age 50! And we are already yet again setting new fitness and modeling goals, to raise that ceiling even higher going forward. (Figure 11- 12)



Figure 11) "91 Day Peak Physique" Day 92 (Age 49 years, 196 days)



Figure 12) "91 Day Peak Physique" Day 92 (Age 49 years, 196 days)



Figure 13) "91 Day Peak Physique" Day 92 (Age 49 years, 196 days)





**Figure 14) "91 Day Peak Physique" Day 92 (Age 49 years, 196 days)**

**What can you tell us about Frank Zane, now that you've worked with him? Anything else bodybuilding fans may like to know?**

There are a lot of superlatives to be said about Frank Zane, and most of the stories are well known within the legends of bodybuilding. For my part though, I've found a few things really special about him:

Frank has a Zen-like self-awareness that immediately put me at ease when I began working with him. It's so refreshing to meet someone at his level of fame who is so genuine and approachable. He's such a keen listener and observer. He's relatable and helpful in a way that makes me wish I could've been his student in one of his Chemistry or Math classrooms!

Frank has an intuition about my goals, in that he can anticipate solutions to questions before I even ask them (and I ask him some crazy ones!). For example, he just knew that I had more potential than the initial "91 Day" results, and he pushed me to it before I even realized it! I'm sure that's a function of his intelligence, expertise, and absolute mastery of bodybuilding - the man has thought of everything! But I think that also comes with his unique psychological and spiritual nature as well. (Frank holds a master's degree in psychology, he has practiced meditation for most of his life, and he has written several books about the power of the mind: <https://frankzane.com/product/mind-body-connection/>.)

Frank has that special way of refusing to accept excuses - to push me past what I thought were my own limits - but he does it with the style of a benevolent father. For example, when we began training, I showed him my band's album cover (figure 1) and said, "not bad for a 47 year old guitar player, huh?" He immediately challenged my assumptions about my age and just put me straight to work. When I completed his original "91 Day Wonder Body" program and proudly showed him my "after" profile photo (figure 5), he just said, "nice intercostals. Now keep going!" He's firm and clear, while simultaneously encouraging.

### **Anything else you'd like to share about Frank Zane?**

Frank Zane is the ideal fitness mentor for me. He's a master of all things bodybuilding: a living legend. He's deeply intelligent and thoughtful; I hold a doctorate in psychology and yet, Frank constantly challenges me with his mental acuity.

For example, his lessons on "negative body metaphors" have also been life changing for me <https://www.instagram.com/p/CtyqmArsSCv/>. With Frank's ideas, I have been able to resolve an autoimmune issue that had interfered with training for the past 20 years.

He's also a great musician and songwriter in his own right, so we can talk guitars and apply unique visualizations from music to training. (Betcha didn't know that about him?) And Frank has inspired me to continue bodybuilding for the rest of my life.

Frank Zane is a true original: he's one of a kind. And in my opinion, he's the very finest bodybuilder in history. His Mr. Olympia photos are a timeless illustration of the masculine physical ideal - with muscularity, detail, balance, and aesthetic elegance that remains unsurpassed to this day (figure 13 & 14).



Figure 15) Frank Zane, Vacuum Pose, 1979 Mr. Olympia

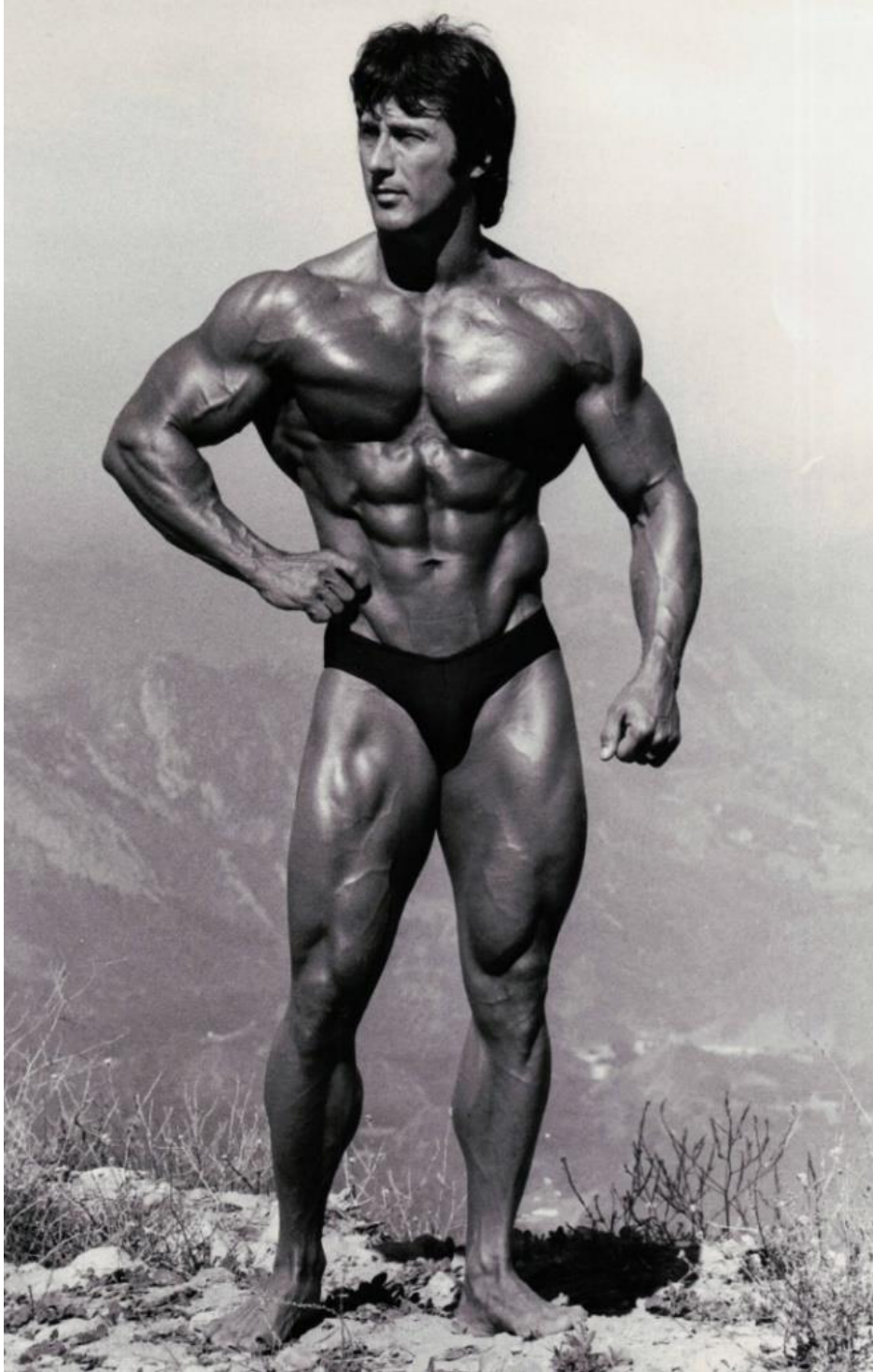


Figure 16) Frank Zane, 3x Mr. Olympia

Frank's style is to just say, "this takes a lot of dedication and Joe did the work." That is true. But none of this happens for me without his generosity and guidance.

I have always wished I could look like my favorite bodybuilder: Frank Zane. I appealed to the source. You can, too!

Frank Zane, MA

3-Time Mr. Olympia, 3-Time Mr. Universe, Mr. World, Mr. America

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