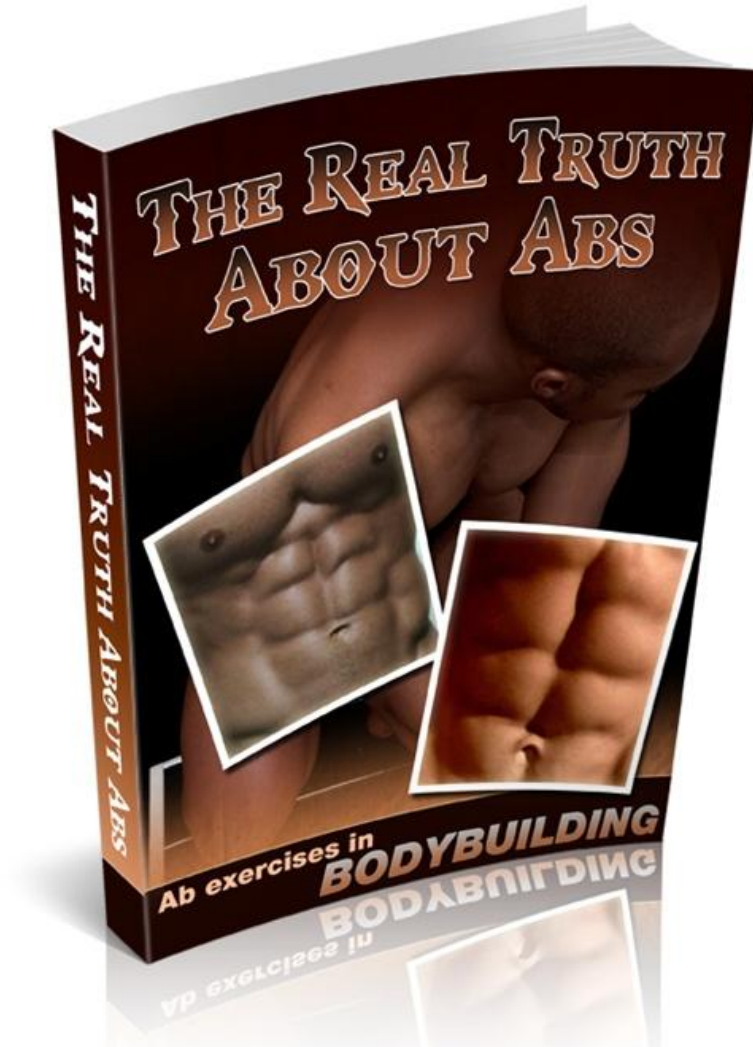


T H E  
**A B C**'S  
**OF BODYBUILDING,  
DIET AND FITNESS**

**BODYBUILDING FOR  
CONDITIONING AND HEALTH**



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## **Introduction: A brief history of athletic and sports training.**

The first weightlifter was some caveman who was practicing throwing rocks for an upcoming skirmish with a rival cave band. He kept trying bigger and bigger rocks. The next time he tried throwing he found that he could pick up even bigger rocks. He kept at this until one day he was able to pick up boulders. His primitive mind had figured out that increased resistance training would build strength.

Next came the ancient warriors who now had spears and swords to play with. They would practice throwing spears every day. They found that the more they trained, the further they could throw the spear, and the more accurate were their casts. As they practiced with their swords in one hand their heavy shields on the other arm, their endurance and strength increased in direct proportion to the amount of training they did.

Along came the Greeks who brought training to a new level. The Greek warriors developed a whole range of athletic activities that were designed to increase their martial prowess; throwing the javelin, archery, hurling a discus, running sprints and distances, hurdling barriers, weight-lifting, wrestling, boxing and swimming. This led to contests to display these skills and reward those who excelled in the individual sports.

Modern athletics rose from the attempts by warriors to get bigger, stronger and faster and to have more endurance. Each ethnic group developed their own particular athletic events, but the final goals for each were the same. The Celts threw the caber, a long heavy pole, and they heaved heavy stones for distance and accuracy. The Greeks and later the Romans refined weight lifting and wrestling into sports. The Scandinavians developed snow sports; skiing, sledding and ice skating. The Irish developed the still (oh, wait, that's another whole topic).

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The original Olympic Games arose in Greece as a testing ground for warrior skills in direct competition with other warriors. The early American Indians devised lacrosse as mock battles between large groups of men, sometimes one tribe against another. The Incas, Mayans and Aztecs had ball games played with rubber balls and rackets on a huge three-sided court. In their early games, the penalty for losing was often death.

Early martial arts in the Orient were developed in India by monks as a form of self discipline. Picked up by Chinese Buddhist monks, this training evolved into a form of weaponless combat, the basis for kung-fu and other Chinese martial arts. Weaponless combat traveled to Korea and Okinawa, then ultimately to Japan. Early forms of weaponless combat were the tool of the peasant class, who had no weapons with which to defend themselves against marauding armies.

The Okinawans called this art “te” or hand. They practiced breaking boards with their clenched fists and fingertips as their oppressors’ armor was made of interlocking wood strips. In Japan they added the word “kara” or empty, to the name of the styles now known as karate (empty hand). Today, most of the Oriental martial arts are practiced as sports; karate, taekwondo, kung-fu, judo, aikido, kempo, tang-soo-do and the like.

The need for individual warrior skills had nearly vanished by the modern era but the athletic events with which they practiced had evolved into competitive sports. In the modern world, our increased leisure lifestyle has renewed interest in physical training for the health benefits instead of doing battle.

The modern Olympic Games, also boxing and wrestling matches and lacrosse and jai alai games no longer leave the bodies of the vanquished on the fields. Modern weight lifting is split into two fields of endeavor: Olympic lifting and power-lifting, each with the same goal of pitting matched-size competitors to see who can lift the heaviest weights.

Weight lifting became a ready means of achieving fitness, and the sport of bodybuilding (yes, it is a sport and it requires tremendous dedication) arose. In

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bodybuilding the fitness and appearance are the goals, instead of the amount of weight lifted.

During the first third of the Twentieth Century, bodybuilding competitions began to be held. By the late 1930s sanctioning bodies arose to establish rules, judging and awards for the competitors. In the USA the Mr. America contest was first held in 1939; the precursor was held the year before. These contests proliferated and today there are a myriad of bodybuilding competitions for both men and women all over the world, all governed by a number of sanctioning bodies.

Early bodybuilders who achieved national and worldwide acclaim and name recognition were: John Grimek, Mr. America 1940 and 1941; Steve Reeves, Mr. America and Mr. Universe 1947, Reg Park, Mr. Universe 1951 and multiple other world titles, Bill Pearl, Mr. America 1953 and multiple Mr. Universe titles, Arnold Schwarzenegger, Mr. Europe, multiple Mr. Universe and Mr. Olympia titles.

Arnold is probably the epitome of bodybuilding success. He leveraged his fame into a movie career as an action star and ultimately became the Governor of California for two terms. He married a daughter of the politically famous Kennedy clan and has become wealthy from investments and products related to bodybuilding.

## **The Modern Era of Bodybuilding**

Even the early bodybuilders made the connection between proper nutrition and musculature. They knew that protein is the basis of muscle growth and that complex carbohydrates were the fuel for their workouts. They also understood that lifting increasingly heavy weights in multiple sets would tear down muscle tissue that regenerated as bigger and stronger muscles, fueled by their protein intake.

Most early bodybuilders were people of extremes; Extreme weights with extreme frequency, extreme diets and ultimately extreme chemical supplementation. An early workout regimen for a budding iron-pumper would often be comprised of 4

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hour per day strenuous workouts with minimal rest between sets, exercises and workouts. Their only rest was when they slept and on one day per week when they didn't workout. They would consume copious amounts of proteins in the form of meat, eggs, raw milk, fish and poultry, with minimal carbohydrates.

With the discovery of artificially created anabolic steroids and growth hormones in the forties (by East German and Russian Olympic athletic trainers) and fifties (by the Americans athletes trying to be competitive), most of the bodybuilding world adopted a "hear no evil, see no evil and speak no evil" attitude when their usage became widespread amongst bodybuilders.

## **Natural Bodybuilding**

Modern bodybuilders understand that resting the muscles is important. They focus on one muscle group per workout, once a week. All muscles get some work during any training session, but they are trained heavily only once per week in their specific focus session. Natural muscle growth is spurred by this approach.

The modern athlete eats a balanced diet of proteins, fats, complex carbohydrates and lots of water. They also take natural supplements to augment their diet and to aid in the metabolizing of protein. Most of them eschew artificial chemical enhancements like anabolic steroids, human growth hormone and stimulants.

The modern bodybuilding world now has two approaches to contests; those where there is no regulation on how muscle size was achieved and the "natural" events where the contestants are tested for banned substances like steroids and HGH.

## **A modern bodybuilder's typical weekly routine might look like this:**

- **Monday – Chest Day** – Multiple sets of chest exercises.

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- **Bench Press** – one warm up set, then progressively heavy, then back down to lighter rep-out weights. As many as ten sets total.
- **Pec-Deck Flies** – one warm up, then heavy sets. Five sets total.
- **Incline Dumbbell Flies** – one warm up, then increasingly heavy and one final rep-out set. Five sets total.
- **Decline Dumbbell or Barbell Press** – one warm up, then heavy sets, one rep-out. Five sets total.
- **Push-Ups** – three rep-out sets.
- **Tuesday – Core and Cardio Day** – Multiple sets of core strengthening exercises; leg raises, crunches, sit-ups, twists and Swiss Ball exercises; cardio on treadmill, running track, Stairmaster or similar.
- **Wednesday – Back and Shoulders Day** – Multiple sets of back and shoulder exercises.
  - **Pull-Ups** – Wide-grip chins on the bar. Three sets with bodyweight, add weight belt and weights for heavy sets.
  - **Lat Machine Pull-Downs** – Wide-grip pulling to either the chest or the back of the neck. Five sets.
  - **Bent Over Rowing** – With a barbell or with dumbbells. Five sets.
  - **Seated Rowing** – With a cable-and-pulley machine, perform five high-rep-low weight sets.
  - **Military Press** – With a barbell, one warm-up and four heavy sets.
  - **Alternate Dumbbell Press** – Seated or standing alternate presses with moderate to heavy weights.
  - **Upright Rowing** – Using moderate weights for five sets.

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- **Lateral Dumbbell Raises** – Use light to moderate weights, performed to the sides or to the front.
- **Super Sets** – To condense the workout time and shorten the time to muscle exhaustion, alternate a back exercise with a shoulder exercise. Example: Perform a pull-up set then do lateral raises with no rest between these two exercises, one minute rest before another pull-up set. Complete three sets in this manner. Then perform lat-machine pull-downs alternately with upright rowing. Continue alternating exercises this way through the entire back-and-shoulders session.
- **Thursday – Core and Cardio Day** – A repeat of Tuesday.
- **Friday – Arms Day** – A series of exercises for the biceps, triceps and forearms.
  - **Biceps Barbell Curls** – One warm-up set, then four heavy sets performed strictly (no cheating or bouncing the bar).
  - **Preacher Bench Curls** – With an easy-curl bar or barbell, perform five sets with a moderate weight.
  - **Alternate Dumbbell Curls** – Seated or standing, perform alternate arm curls with heavy dumbbells.
  - **Concentration Dumbbell Curls** – Seated with elbow on knee, perform strict curls with light to moderate weight dumbbell. Alternate arms, ten reps per side per set. Five sets.
  - **Reverse Grip Pull Downs** – Using the lat machine, reverse your hands so that palms are facing back in a close grip. Perform pull-down curls with moderate weight. Five sets

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- **Triceps Press Downs** – Using a lat machine or an exercise specific cable-and-pulley machine, perform heavy weight triceps press-downs with a strict form. Five sets
- **Supine French Presses** – Using a barbell or easy-curl bar, perform fives sets of presses from the forehead or chest to full upright.
- **Dumbbell Press** – Using a single heavy dumbbell, starting from behind the head and using both hands, press the weight to straight overhead.
- **Revere Grip Bench Push Up** – Using two benches, one to elevate the feet, the other for your hands, lower your butt to the floor and press back up using your triceps.
- **Bent Over Dumbbell Extensions** – With your hand on a bench, using one dumbbell, bend over until your upper body is parallel with the ground. Hold your arm (the one with the dumbbell) where your upper arm is parallel with your body and the elbow is bent at ninety degrees with the dumbbell hanging straight down. Slowly extend your arm until it is fully straightened, return to start and repeat. Five sets.
- **Super Sets** – In the same manner as previously described, alternate biceps and triceps exercises with no rest between exercises and one minute rest between super sets.

## **When is the best time to workout?**

Fitness Club operators will tell you that their clubs are the busiest in the morning, before work and in the evening after normal working hours. More and more, however, they are seeing people taking a “workout lunch.” Instead of eating, they run over to the gym and workout for 45 minutes to an hour, and then grab

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