

Superprisedaniya: how to gain 30 pounds of muscle in 6 weeks

Abstract

Now you run the program to become big and strong and effective so that it can outperform any other. Absolutely any. And yet it is so simple that you wonder why you have not heard of it before - especially given that the promises it makes are incredible and it is completely true.

To the reader

This book is dedicated to the memory of Mark Hamilton Berry and Joseph Curtis Hise, who covered the most of the way we are going to go, and Peary Rader and John McCallum for the maintenance of this tradition and for what they taught me much of what I know about weight training.

Randall J. Strauss

If you especially can not wait to start this program, only one chapter 1 will give you enough information to begin to reap the benefits. History buffs, those who always require proof and the curious definitely want to read Chapter 2, even if others prefer to simply skip it. Chapters 3 and 4 give you the basics of the program and enough details to send you, armed to the teeth, on the way to a more powerful and muscular body. Chapter 5 covers a number of smaller details and take us out of the foundations of the program in several key areas.

In this book says about men, and we are constantly appealing to men, because we describe the history of men who develop and apply this technique. However, women can easily benefit by applying to the program exactly as it did to men - gaining weight, building strength and improving health. Also, with regard to shape, the program will probably compete with any other available to women who would like to have a higher breast and clearly defined buttocks. Summing up, I will say that women also should get under the bar and write my little story, changing ourselves as well, as did the men for more than half a century.

Some readers may be unfamiliar to read the book, spotted a link that tells you where to find the source of each statement of the author. Superprisedaniya written so for several reasons, but does not think about the links if they hinder you. On the other hand, if you are interested in a particular theme, or appears to doubt the validity of the approval, the availability of this text in your hands makes it easy to any study that you want to spend. Even if you never refer to the original sources cited quotes, detail references in this book should help convince even the most hardened skeptic that this program has proven its worth time and time again, and it is not even a hastily prepared program of a self-styled trainer champions.

Preface

Now you run the program to become big and strong and effective so that it can outperform any other. Absolutely any. And yet it is so simple that you wonder why you have not heard of it before - especially given that the promises it makes are incredible and it is completely true.

25 years ago, it was noted that the classic program of squats for 20 reps rarely used wherever it may, despite the "fantastic progress", which she gave (Kallos, 1963, p. 16). This trend is due to the current preference for isolation exercises, and it was also noted that squats at 20 reps - terribly hard work. These reasons help explain today's obscure this unparalleled method to become big and strong, but the main reason lies far outside the hall - in the economy.

Muscle and strength are big business: competition, food additives, equipment, magazines, equipment. This business requires something that has value, something unique, for what others will pay, it is desirable to again and again. In terms of economic benefits squats for 20 reps of low value because there is absolutely nothing to sell - no need for secret programs, cunning hardware, chemical stimulants or exotic supplements.

Even the most brilliant marketers in the kingdom muscles hardly will derive profit from this program, even worse, if everyone started using this program, it would break a hole in their current sales. If you can dial 9 - 13 pounds of real muscle for several weeks, using a normal diet and standard equipment, who will spend fortunes on their latest wonders? It is unlikely that you will become.

Of course, given our psychology, you probably are not inclined to believe the promises of this program simply because she did not want to sell you. Indeed, the genius, who applied this program - Joseph Curtis Hise - with a crash crashed into the wall half a century ago. Some people refused to believe him, "especially considering that we're just trying to give them good advice, instead of selling them something" (Berry, 1933, p. 17). Do not expect, however, that you do not have to pay for this program, because its price is indicated in the currency of hard work and will to succeed.

This program is a classic and has great value. One of the most respected contemporary authors noted that even though you do not hear about breathing squats in our time, they are terribly effective, and added "six full inches" to his chest circumference in the first year of training (Braynum, 1988, p. 113). Given their amazing ability to stimulate growth, sit-ups in recent years got the nickname "natural maksibolika" (Coyle, 1988, p. 62) and literally rediscovered.

Let's not forget that Arnold Schwarzenegger has laid a foundation, using the bench press and squats, walking in the footsteps of his hero, Reg Park (Schwarzenegger and Hall, 1979). And Reg Park, who was always first and foremost security officials among bodybuilders, and built himself doing squat for 20 reps with more than 135 kg (Tseyler, 1988). How about Tom Platz? "You have to crouch to reach their potential ... it's an exercise for the body" (Charles, 1988, p. 37). Dean Tornabene certainly has access to all the modern super-program, so what did he say?

"Squats - is a huge incentive - not just for feet, but also for other body parts. I often say that if I was thrown into prison and would be allowed to exercise for half an hour three times a week, I would do squats. That's all. "(Charles, 1988, p. 37)

And now to find an athlete who does not know squat about the value, not easier than finding gold in the sump. So do not worry, the magic of heavy squats, also works, as it was fifty years ago, albeit in a small town in the Midwest, at least in Santa Monica, California.

Follow this program for at least 6 weeks and drop me a line if you want to progress that. Until then, think positively, squat heavy and hard, eat a lot of quality food, drink gallons of milk and save up on new clothes. Good luck!

Chapter 1. Let's start with the basics: an introduction to squat for 20 reps

If you are not frequented the training hall, chances are good that you've never heard of the most effective way to build strength and muscle volume, no matter how much chrome you have not squeezed out in the halls, which are similar to surgery or respectable bars. All this because of the marketing muscle of the kingdom traded personal trainers, designer clothing, equipment, fancy programs, mega-brands of supplements and training rooms - they sell a ton of zilch on every ounce steak, so you need to know. Before you next time zashnuruete their Reebok sneakers, consider the opportunity to become big and strong lifting the weight the old fashioned way. Half a century ago, ten years before the birth of Arnold, the pioneers of Iron games were rough by today's standards, equipment, any supplements or steroids, which are so multiplied among the current generation of champions in bodybuilding and powerlifting. And yet, those persistent souls have developed a system that literally guarantees a set of muscle mass even in the most delicate physique, a system that works today is not worse than it was then. Men who could not make substantial progress on other programs, suddenly added to 9 pounds of muscle in a month or two. If you find it difficult to present it in terms of bodybuilding, look at 9 pounds of lean meat in a butcher shop or imagine this mass distributed according to your chest, shoulders, arms and legs. Such progress makes the "up" in the "after" turning a 45-kilogram weaklings, the proverbial, the burly, who no longer have to worry about what they will take the wind. The system, which gives these results, primitive, but not simple. It builds real muscle, incredible increases strength and gives the cardiovascular system more than a slight push. Perhaps the only disadvantage of this system is that you grow out of their clothes. The core of this venerable program is one approach squats - twenty repetitions in the approach - just one approach. Additional exercises are negligible, two or three approaches in a few other basic exercises - this is the maximum, and generally must be careful not to make too many additional exercises, and not too little. Containing one approach squats, plus a couple of approaches in the bench press and deadlift in the slope as a typical example of the program, these workouts can hardly compare with the calls at the hall for half a day are common in today's bodybuilding or sell order, which flooded the glossy magazines. But avoid the misconception that this approach would squat for you as a cup of tea. All that our recipe is not enough in terms of complexity or volume, will be more than offset in terms of intensity. In addition to squats for 20 reps, trainee encouraged to eat lots of healthy food and drink at least two quarts (1 quart = 946 ml) of milk per day and enough rest between two-or three-day (a week) training. That's all: one approach squats for 20 reps, a couple of other basic exercises, lots of food, milk, and recreation. But those sit-ups! Special approach to squats for 20 reps as simple as the program itself. First of all, hang it on the bar weight with which you normally do 10 reps. Now do 20 reps - I'm not kidding. Secondly, every workout add at least 2.5 kg at the bar. These two elements - that's what separates the boys from the men and gives results that bring together the two principles of weight training: overload and progressive increase in complication.

The principle of overload states that if you do not do more than that to which are used to, you do not increase the volume or strength. All these sayings like "no pain, no growth" reflect the principle of overload. The principle of progressive growth of burdening back to Milo of Croton, who carried on the back of the calf at a certain distance in ancient Greece - and, as the calf grew up, also grew up and Milo, as a reward for their efforts. Adding 2.5-5 kilograms of squats every workout simulates the

growing calf, and many people, especially urbanites, consider this model more comfortable.

We return to the squat. Hang on a bar weight with which you do 10 reps, wrap a towel around her to make a small pad for the shoulders and back, remove the bar from the racks, step back, two or three deep breaths, and make the first iteration. Nothing special, common curtsey to the point where the upper thigh becomes parallel to the floor. By the fifth repetition you how to warm up, squatting down smoothly, and deep breathing will come naturally.

After the tenth repetition of your body is exhausted and your mind is like a car that is either going, or get stuck in their movement to the twentieth repetition. At least three deep breaths, more positive ("Come on, buddy," "You may tell it," "Down and Up", "Tooolkay"), and eleventh repetition is history. A little more of the same in the next one - two repetitions, and then the breath and spirit are becoming more serious. Maybe five to ten bursting lungs breaths between reps, your mind is close to hallucinations and your determination is horrible, like a ninja, and you have come to the fifteenth repetition. Now the rules are changing again, because it is no longer breathing and exhilarating play a role, but each event is crouching inside the capsule, cut off from time to time where you as a creature disappear, becoming an observer rather than an actor. If your mind waver, you are lost, or so it grows stronger and grow, or give up and stay small.

By the sixteenth repetition of the rod cuts deeply into your back and dent your entire body on the floor, giving you a new understanding of the laws of gravity. Your breathing sounds like a steam engine and the legs are likely to begin to tremble. Pure will - the only way to make it repeat. Do not forget that it was only a warmup for the remaining few repetitions - is they force you to grow - and you are blind to everything but the pattern: breathing, squat lift. By the time you finish the eighteenth repetition, you are guaranteed to finish the approach, if properly tuned for it, because what has been your most important in life - to do 20 reps - are already in your field of vision. No matter what each of the last two repetitions require ten breaths, will drive you into a frenzy, it will flood your face with purple paint and will drive in the shivering on the way up through the dead center of each squat. You're not going to miss the victory. When you finish the twentieth repetition and managed to return the bar to stand, swaying in a trance, cause fatigue, you are flops on the bench in order to make the approach easy pullovers to stretch the chest, broadening the basis for recovery of muscles that you GROW in the upper body. When squats and pullovers are made, you can lose consciousness, you might vomit, you might think that went over the brink of possible or that will not be able to overcome one flight of stairs even if you will depend on your life - but take rest, drink your milk and go back through Two or three days. The same thing from the beginning, but for two and a half kilos heavier. This program is not allowed weaklings, and only those fanatics who can comply with the regime, can be assured, regardless of the initial thinness, which will be bigger and stronger than they ever dreamed of. All this without Lycra, Dianabol, Nautilus or amino acid supplements. Only twenty sit-ups, milk, sleep, and will need to demonstrate that the desire to win is more than buzzwords.

Chapter 2. Overview of the main exercises: squats history

Thanks to all the wonderful things that make you sit-ups, they are discussions and

there is no better way to achieve respect for him than to consider their history. You'll soon understand why sit-ups, no doubt, are an important exercise, regardless of whether you want to improve the physique, strength, health, or all of the above. For starters, if you are thinking about building the body, then chances are you imagine a big, strong arms and shoulders, massive, powerful chest - but not great legs. So why is so much talk about squats? The paradox has been unraveled over half a century ago: "Experience shows that, without a doubt, the surest way to develop a thoracic are resistant exercises for the legs, and similar experiences of those who tested this theory shows that the improvement of shoulders and arms will be followed some time later for construction of the legs and torso. "(Berry, 1933, p. 17) To put it bluntly, the hard work for the legs is the fastest way to big arms, shoulders and chest.

If you start to think that squats are reminiscent of a magic wand, it is because that is done correctly, they are the most impressive force for positive physical change. Also, like other things that work, high-performance program squats that are available today are the result of many years of experiments and improvements. If you want to delve into the details and talk about basic research and evidence-based practices, the program SuperPrisedaniya surpasses all others. Up until the early 1920's, Americans squatted, rising on his toes, which led to the use of relatively light weights, and exercise did not have that special status that it deserves to as long as an immigrant from Germany, Henry "Milo" Shteynborn not entered on his new home practice is very heavy squats on a full foot (Paschall, 1954). Henry Shteynborn started training during the First World War, being in an Australian concentration camp. He won the German Championship in weightlifting in 1920 and a year later emigrated to the U.S. (Klein, 1964). Among the tricks which served Shteynborn, was his ability to put a vertical 550-pound (247kg) rod, roll it on his shoulders, sit down and return to the place the same way! It is impressive in itself and could be one of the reasons that Shteynborn was a star in the fast exercise - approaching the world record in the snatch and clean and jerk - and those of his ability is primarily due to the huge power of the legs (Willoughby, 1981). Additional evidence about the benefits of heavy squatting follow from the fact that Henry Shteynborn considered a strong man in the world in its time (Reider, 1956) - a major achievement for a relatively slender man of great stature 170 cm and weighing 94 kg (Willoughby, 1970). A little later, beginning of the century, Milo Barbell Company, owned by Alan Calvert, a pioneer in the manufacture of collapsible rod, began to print publication in bodybuilding to help promote their products (Willoughby, 1970). In 1930, after a change of ownership and management, the young Mark H. Berry became the editor of Milo (Smith, 1988). Mark Berry's contribution in the iron game included coaching the American team weightlifters at the Olympics in 1932 and 1936 (Grimek, 1988), but certainly his most famous contribution was the promotion of heavy squats. The struggle for heavy squats was the natural result of the fact that Mark Berry gave wide publicity Henry Shteynbornu (Todd, 1988), and the fact that Mark was training in the hall of Sigmund Klein, where Shteynborn always squatting with a famous owner of the hall, beautifully folded champion of that era in lightweight, Zigom Klein. (Hise, 1940, Klein, 1964). In the face of Henry Shteynborna and Ziga Klein, Mark Berry acquired all the necessary living evidence that heavy squats on a full foot were great exercise, and he decided to change the world by spreading this knowledge. If Mark Berry and needed the additional belief that what he was going to call the others, it was enough to look in the mirror, because its programs have added more

than twenty-two pounds of muscle to his slight figure. (Reider, 1941) With frames for sit-ups, many students of Mark Berry in 1930 do heavy squats on a full foot. Having reached the working weights ranging from 135 to 225 pounds, they began to gain muscle mass with unprecedented speed for that time (Paschall, 1954). Progress made in this manner was so noticeable that Mark Berry called the discoverer of a "new era" for its emphasis on intensive training large muscle groups (Wright, 1934, p. 33). Issues of "Milo" had been filled with stories of success, based on this method.

Among the students of Berry that time, the foremost was a man who, according to experts is most clearly demonstrated - almost did not specify - techniques that Mark Berry promoted especially hard, it was a fantastic Joseph Curtis Hise (Smith, 1988). Inspired by the works of Mark Berry (Berry, 1931, 1933), JC Hise has launched an experiment to build his own body, which he described Berry. (Berry, 1932). Hise went on to hone his technique until until turned himself into the first of the 135-kilogram monster iron game. (Paschall, 1954, p. 16) Without falling into extremes, we are still going to apply the basic principles developed by Heise, principles that have helped serednyachki becomes big and strong now for over fifty years (Howell, 1988). Given that JC Hise, more than any other man, inspired and promoted the "great obsession with deep knee flexion" (Reider, 1938, p. 10), he deserves so that we become more closely acquainted with the man, described as "a real unrecognized genius of our sport" (Smith, 1988, p. 2) and "a truly great man" (Jackson, 1988).

Joseph Curtis Hise was a bright person, whose legacy includes numerous training programs and diets, which are still the most effective for increasing the volume and strength. Although the years of training with a barbell already gave JC Hise mass of 81 kg with an increase of 174 cm [Data on the growth of JK Heights range from 174 cm (Reider, 1956) to 180 cm (Drummond, 1934a). In Heise's theory that the growth of athlete can change along with the weight (Hise, 1940a). The scatter of data on its growth confirms this theory, as Hise weighed 81 kg when its growth was listed as 174 cm and 111 kg, when growth was expected to equal to 180 cm!], He was not satisfied with his development and has experienced heavy squats with a high number of repetitions and forced breathing. As a result, he scored thirteen kilograms in a month - it was so amazing that no one he did not believe (Reider, 1956). Describing his initial progress Hise wrote later, "It was like a bombshell," but an honest Mark Berry has not published a report Hise of his success as long as the witnesses did not confirm its veracity (Hise, 1940, p. 14).

Personal example, Joseph Curtis Hise recorded the highest efficiency of the formula: heavy breathing squats + healthy food + milk + rest = incredible growth of muscle volume and strength. And given that Hise trained in the fresh air, using a rack made of twigs, driven into the wall of the shed (Teagarden, 1988), he also proved that the basic equipment when properly used, even in the toughest conditions, can give surprising results. Hise warned all who would follow his example, that the program would "make all of their clothes useless" (Berry, 1932, p. 17). "Brother Heights" (as he called Mark Berry) persistently develop programs to increase mass and strength, based on the heavy breathing squats, it is extremely heavy breathing Schrage (see Howell, 1967, 1986) and heavy rods on straight legs, running from the skirtings (see Eells, 1940, and Reider, 1956), and in this sense, its meaning is "difficult to overestimate" (Rourke, 1988, p.1). Emphasizing the contribution Hise, a historian and expert on the Iron Game, Charles A. Smith said that more than any other, J. K. Hise, "deserves to be called the" Father of American strength training

"(Smith, 1988, p. 2). Striving JC Hise lift weights could compete with his appetite and he was a famous eater. The following description - from the report of the National Championships in weightlifting in 1934 - gives an idea of how much Hise could eat, how much to raise and why he is regarded as an interesting personality: "Hise began preparing for a competition on May 4, which allowed him to train two the week before on Sunday the 20 th, he went on a journey - as he could, luggage to Pittsburgh, where he was taken off the train railway police and sent to the camera for one day and one night there, he got a freight train to Philadelphia and find a couple of days of rest before coming to the big city [Brooklyn, New York]. You should have seen this giant for a meal, when he landed in Philadelphia and after two days of half-starved sat at the table around midnight, and stubbornly ate more than two hours, engulfing more than a gallon (3.78 liters) of coffee, a lot of water and countless solid food "(Drummond, 1934, p. 42). By coincidence, J. K. Hise took third place, and the great John Grimek never finished them, despite the fact that he was considered "definitely the strongest in the competition" (Drummond, 1934, p. 43) Alternating heavy breathing squats and heavy meals, JC Hise brought its weight up to more than 135 kg, although the most impressive he looked at weight of 119 kg (Howell, 1988). So he became great, but if he was still strong? Yes. Some experts may argue with the opinion of the British expert, VA Pulluma that the deadlift is "the main criterion for the powers of man" (Willoughby, 1970, p. 51), but it's certainly no worse than any other single criterion, and in fact in 1935 JC Hise pulled 315 kg (Hise, 1941). Such a result would be considered excellent even thirty years later, at the first (official) National Championships in powerlifting. Having a foundation is in the form of advances, J. K. Hise, heavy breathing squats are a proven means (Howell, 1978) and this activity attracts the interest of other innovators. The next big step in the history of sit-ups was based on a study by Roger Eells, begun in 1930, which emphasized the importance of correct breathing technique, not used weights (Paschall, 1954). In fact, students Eells - often exercising with a barbell is less than its own weight, and carefully using a forced breath between reps - used the "breathing squats" to achieve the same mass growth, at least in the initial stage, as well as on programs of heavy squats, even if Growth of force was not observed (Reider, 1956, p. 20) [Sometimes it was noted that squats with its own weight on the shoulders accompanied by an increase of force. For example, Hise was able to convince three of his famous students from Sacramento (Lewis Parker, Bob and John Manfre Hechtioana) try these squats "for wimps", although they despised squats with any weights, except the maximum. As a result, not only increased the volume of their breast cells, but the maximum weight in the squat (Hise, 1940).]. Explanation for the effectiveness of pulmonary respiratory squats usually been based on two theses. They isolated the main component in the equation - deep breath - and they left the forces for growth, not bringing his feet until exhaustion (Eells, 1940). As Mark Berry before him, Roger Eells explained that the best way to increase upper body mass and growth is "a way to increase the mass goes through specialization in the chest ... a way to specialize in the breast goes through specialization on my feet ... specialization on the legs only way is to specialize in Respiratory Squats! "(Eells, 1940, p. 5). By this time the order was set to clear: your breath, squat, rise. In between the examples that have filed Milo Shteynborn and JC Heights, squats became the main exercise, and even after Mark Berry, Roger Eells and left the Iron Game, there are new supporters of squats. Two of them deserve special mention: Peary Rader and John McCallum.

Peary Rader, founder of the magazine «Iron Man» and its editor and publisher of over fifty years, "after twelve years of inconclusive studies of any other program, got four and a half pounds the first month of sit-ups and almost forty five for the next year or so (Reider, 1964, p. 24). Peary's success, like many others, began with a reading program Heise, correspondence with him, and then - following his advice (Reider, 1938). For two years, doing squats, Piri has evolved from a 180-centimeter, 58-kg person, by his own admission "a skinny, weak creatures, who lacked the strength to stay on constant work for over a month, a champion, and this, as noted by Peary was not an isolated case (Reider, 1956, p. 18). Combining the best features of previous programs, Peary played for the following framework for the program: twenty repetitions with the maximum possible weight, and three deep breaths between repetitions (Reider, 1964).

For a while Peary was the sole champion of the squat. Another major publisher, Bob Hoffman, condemned the exercise as a harmful (Reider, 1955). Hoffman later reconsidered its position and granted their magazines for discussions about the benefits of sit-ups.

John McCallum, like Peary Rader began to cower as a 63-pound boy growing to 180 cm and less noticeable muscles, and he expanded the more than forty-five pounds of muscle on the "worst of the possible skeleton" in less than three years (McCallum, 1963, p. . 48). To maintain the tradition that a history of success inspires the other, it should be noted that John McCallum began to squat after reading back issues of «Iron Man», in which twenty repetitions of sit-ups were offered as a "wonderful catalyst for growth." As a result, John has learned to squat, crouch, squat "(Reider, 1967, p. 14). Such progress has made John a supporter of sit-ups and mid-1960 he wrote a series of articles "key to progress" in the then edited by Bob Hoffman's York Barbell Strength and Health magazine.

Extremely popular and highly rated articles combined extraordinary literary talent with intimate knowledge of the Iron Game. They were destined to become classics, and anyone who has read at least some of them, could not agree more with the simple truth - the heavy squats work wonders. For those who grew up reading about how John turned a skinny friend of his daughter, Marvin, in the athlete, and followed the lectures of the training that John gave his friend Ollie, who was always there, always had the opportunity to have fun, and besides readers were impressed by the value of the heavy - really heavy - sit-ups. Remember what Mark Berry, Roger Eells and talked about the squats. Listen to John McCallum. "The volume of the upper body is determined by the circumference of the chest, and chest circumference determined by the size of the chest. ... The surest and quickest way to increase your chest is the combination of deep breathing and hard work for the legs. Hard work for the legs and deep breathing will make your dreams a reality "(McCallum, 1963, p. 24).

This should already be familiar to you. Paul Anderson, perhaps the strongest man of all time and certainly the strongest in the world in his time [Titles like "The strongest man in the world so badly abused that we do not want to raise this issue. Nevertheless, if someone of his contemporaries, and deserves this recognition, in our opinion - no doubt - this is Paul Anderson. And it's not just our opinion. When asked whether he had any doubt that in the heyday Paul Anderson was the strongest man in the world, Peary Rader answered, "absolutely none" (Reider, 1988). This is not surprising, since Peary's often called Paul's "strong man of all time" (Reider, 1969, p. 12).], Was the last American heavyweight to win the gold medal in weightlifting (in 1956 in Melbourne) and the last of the American athletes, whose name was known to

everyone. Lest you think that the achievements of Paul's exaggerated, think about what he was elected to the U.S. government for the world tour of goodwill (Reider, 1956) and his name was in all media, from the big magazines to television news and newsreels (Paschall, 1956). Even a cursory glance shows how significant the role played by squat in surprising success of Paul. Paul began training as a young player to improve the efficiency of his game, his height was 175 cm, weight - 85.5 kg. Pretty soon, performing "almost exclusively" squats and drinking "lots of quart" of milk per day, Paul has increased his weight to 124 pounds and squat almost 270 kg (Reider, 1961, p. 20, 21). Shortly thereafter, Paul began to rewrite the record books: less than two years after the commencement of training, Paul approached the heavy athletics world records, competing with Doug Hepburn for the right to be called the strongest man in history, and crouching with phenomenal balance. Only the appearance of Paul Anderson gave the impression that recorded in the report with the U.S. championship in weightlifting in 1955: "In this weight class appeared legendary Paul Anderson from Toccoa, Ga., and the legendary is an understatement! Worth it to hear the delighted screams of the audience when he first appeared on the [heavy athletics] platform. He was so huge [175 cm, 153 kg], which is hard to believe, and it does not look fat, except for a certain amount of fat in the waist. His legs, back, arms and breasts are very dense "(Reider, 1955, p. 28). To better understand the importance of the success of Paul, look at them closely. This was in 1952, and nineteen Paul Anderson, who "at the beginning of their training is almost nothing to do except sit-ups" (Reider, 1954, p. 11), broke into weightlifting. The official record in the squat was 270 kg (Lawson, 1956) and suddenly a young man, exercising less, closer to the mark. In mid-1953 Paul sat down with 343 kg, while the best result Hepburn was 299 kg (Paschall, 1954). By November 1953, Paul sat down with a 369 kg (Glossbrenner, 1987). It was a time when most experts were called Doug Hepburn strongest man in history - and the young Paul Anderson, demonstrating remarkable strength, far superior to it in the squat. By mid-1950 Paul squatted 405 kg for a few repetitions. It seemed that the limiting factor is not his strength, and the disadvantages of equipment (Lawson, 1956). As part of his show in the late 1950's Paul sat down with the incredible weight of 522 kg a few times during the evening - forget about the technology and equipment of modern pharmacological powerlifter, and Paul did not even have to warm up [Glossbrenner, 1987]. [What did Paul Anderson with a barbell on his shoulders, goes beyond a simple analysis of physical force, like a lot of superlatives may be used. His accomplishments demonstrate impressive psychology of a true champion (Strauss, 1988).] Although he conceded Paul Anderson in the net force of legs and back, Doug Hepburn reached an outstanding weight of 342 kg at the same time (Willoughby, 1970). Interestingly, although Doug and mentioned in any conversation about the strongest men of all ages, the fact that the strength of the upper part of his body superior force of the legs and backs not diminished his respect for squats: "Of all the exercises used to develop strength, one should apart. I'm talking about a deep knee-bend or squat. No other exercise will not give the athlete a greater total force instead of wasted time and effort "(Hepburn, 1961, p. 29).

Strong words are very strong man. Do not let the talk about the power of world-class to take you away from the sit-ups, if you - a bodybuilder. Bruce Paige, who wrote for «Iron Man» for a long time, said: "Of the hundreds of bodybuilding exercises are used today by enthusiasts around the world, the potential of sit-ups far exceed all others" (Paige, 1960, p. 34). And

remember, this includes the development of the arms, shoulders and chest. But what if you just want to add in strength, health and development, rather than attempting to Mister World title or an Olympic medal? What if you just want to collect some useful, beautiful masses? What can you squat, if you want to be just a bit more? Hear the creator of the legendary, half-forgotten training course Bosco: "Experienced athletes are called well-known deep knee flexion EXERCISES FOR GROWTH" (Paschall, 1954, p. 14). Squats in this program literally put your muscles in a greenhouse. Finally, in case you think that chichi replaced squat exercises, listen to what the author says almost all modern bestsellers in bodybuilding: "Virtually all of the leading bodybuilders use heavy squats with a high number of repetitions to give your body the total volume" (Kennedy, 1983, p. 68) and "Yes, the king of all exercises, squats, will help the overall growth of more than any other movement" (Kennedy, 1983, p. 113). So what we have - regardless of the specific objectives, there is one absolutely flawless exercise in order to become big and strong: the squat.

Chapter 3. Your program: exercise and training schedule

Squats work for hardgeynera and for izigeynera, both for those who work in the mass, and for those who work in the force. If you are just starting to rock, we recommend using a comprehensive program consisting of the so-called basic exercises. In case it proves ineffective or if you already know what you have to fight for every kilogram of muscle mass, we also offer a program that will result more reliably than any other.

Basic

Exercises

All the basic exercises are complex movements, which means that they are working on entire groups of muscles even if the focus is on a separate area. Another look at the basic exercises notes that they involve the work of a few joints (Leystner, 1988). For example, the thrust in the slope is usually regarded as an exercise in the first place for the upper back than it is. However, the draw in the slope is considering not only latissimus dorsi («broadest). At the same time it sets a good job over the biceps and the muscles associated with flexion of forearm. And, while you're in the tilt of your wrist, elbows and shoulders moving. Thus, when you do pull in the slope, then involve the all that is between the tips of fingers of the left and right hands! This idea work out muscle groups opposite approach, adopting a less popular in many rooms of fitness equipment. Many trainers are specially designed to isolate individual muscles and the involvement of a single joint movement. Thus, for example, the broadest, biceps and forearms will be developed separately from each other. What causes muscle groups desire to work out if they can be isolated? Besides the fact that your time is expensive and you may not want to spend three hours in the hall, working on each muscle in turn, and that is not easy to find in everyday life movement, which would be completely isolated one from the muscles, there is still a conclusive argument in favor of the basic exercises. They are increasing the power and volume are much more effective than isolation (McCallum, 1967). In fact, one basic exercise is much better to increase the volume and mass than the entire sequence of isolation. This radical new approach to training was first used by Mark Berry and Joseph K. Heise (Wright, 1934). The case also in the fact that the basic exercises are also more exciting and make a better focus on training. As Dave Draper said: "Unless this can be done without

cheating, I prefer to be involved in every movement of the body. Adhere to proper technique. For the isolation of a place in training, but I find it boring, inflexible and inexpressive." (Draper, 1988, p. 45)
Let's go through the main muscle groups, and consider the basic exercises for each of them.

Chest

Bench press is now so popular that it is difficult to pitching, which would not do this exercise, but this trend has appeared recently. In the first half of the twentieth century's leading bodybuilders were not interested in the excessive development of breast muscle, and so natural today bench press was not available until 1950. Since powerlifting has not yet had an official status (a bench yet included in the heavy athletics program), the athletes were no serious reasons for this exercise. Today, when it comes to pumping the chest, the conversation usually begins and sometimes ends zhimom lying. In addition to the elaboration of the pectorals, triceps bench press load (back hand), and front deltoids (the muscles on the front of the shoulder). It is recommended to press grip slightly wider than the shoulders (the wider the grip, the more of the burden falls on the chest and front of the delta than enough already, so most of the load is transferred to the triceps). To start doing bench press on the horizontal bar, and not on an incline. And, although it is permissible to make an easy fighting off his chest, do not let exercise fall to degenerate into the bar and rebound to the outstretched hands. If you need to increase the motivation to bench press, remember that Doug Hepburn squeezed an amazing weight of 261 kg in 1954, and his efforts were reflected in the strength and size of his upper body (Willoughby, 1970). In fact, the current popularity of a bench press attributed the results, which have Doug Hepburn and Marvin Eder (Todd, 1978). If you have not heard of Marvin Eder, read on.

Here it is appropriate one caveat. Do not do heavy bench presses without a partner, or safe load frame racks, which will help you get out from under the bar if you can not squeeze the weight. In addition to the amazing potential, bench press can deliver a number of unpleasant moments, and even cost lives if you neglect to these simple tips. So be sensible and Protect yourself by making sure that Rod will not fall on you if you do not squeeze it. (See chapter on the fear of further in the text). Excellent alternative to bench press are push-ups on parallel bars, which must be brought to a state where you can hang a heavy load to the belt. This was said by a man who knows is talking about when he asserts that the push-ups will do almost the same for the upper body, how many sit-ups for the whole body (McCallum, 1967). If you need further proof, find photos and records of Marvin Eder. In 1950, there were some bodybuilders and lifters, which would look bad, and by today's standards. If you want to talk about men, whose achievements are worthy as well on stage and in the heavy athletics platform, start with Marvin Eder. And is not a coincidence that Marvin, weighing 88.5 kg, performed push-ups with 195 kg in 1953 - a striking demonstration of the power of the upper body (Willoughby, 1970). In the same year, with the same body weight, Marvin squeezed lying 229.5 kg (Willoughby, 1970). Do not forget that this man looked like a bodybuilder. So for some time, loans zhimom or push-ups, forget about all sorts of layout, whether with dumbbells, blocks, or trainers, they will not give you such a mass, like bench press or pushups.

Shoulders

Bench over the head plays a crucial role, but you have several options for its implementation. Bench with his chest, standing or sitting, bench dumbbell, standing or sitting, alternately or simultaneously, as well as the bench due to his head, standing or sitting, are the main options. Since they are all effective, choose the one where you can just work harder and change it to another when out of steam. A few words on zhimah help you achieve maximum results. In the old days, standing press was very strict movement. Heels together, and the bench was carried out simultaneously with the slow lifting a finger by the judge, and the back was so straight that the bar had to carry along an arc to circle the chin! Compare this to the style in which they carried heavy athletics bench in his last few days * and you'll understand why the delta, such as cannon nuclei often observed in athletes at that time. [Olympic bench press was excluded from the competitive program in 1972 because an impartial refereeing has become impossible because of the constantly declining quality of performance of movement. The situation is so out of control that many athletes have reaped nearly as much thrust.] No need to reach up to bigotry, but if you strictly follow the technique will work for you as your shoulders and triceps. Varieties regime performed while sitting, offered not to make the technique more rigorous, and to reduce the load on the spine. Some of those who can squat, pull and tear without the slightest inconvenience to the lower back have found that after the first heavy approach regime stood their backs twisted in pain for several days. Do not be afraid of heavy weights in these regimes exercises. They performed for many years with great success: In mid-1960, Mel Hennessy, weighing 97 kg, and pressed for a head with a very strong technique of 135 kg (Cleveland, 1966), and the big guys like Chuck Ahrens, Paul Anderson and Doug Hepburn could squeeze out of the heads of about 180 kg of thirty years ago (Willoughby, 1970). When your shoulders come close to the size of their shoulders, the surrounding will think that your suit sewn lining. Lifts dumbbells as useful for the shoulders, as wiring for the breast. So now, forget about them and focus until the modes.

Upper

back

For the upper back there are two basic choices - pull in the slope or pull-ups, but each one has many varieties. Let's talk first about the thrust of the tilt. Basic exercise is carried out with a bar, the upper body is parallel to the floor, usually enough for shoulder-width apart. Try to keep your back arched throughout the entire exercise to reduce the strain on your lower back. Pull the bar to a belt and fold down, controlling the movement on the outstretched hands before starting the next repetition. Abstain from the temptation to allow the rod to swing or to help yourself lower back - just use your hands like hooks, and upper back as the driver. To find the best option to experiment with wide grip and point of contact rod body. For example, some better pumped tremendous narrow grip (with a width of 15-20 cm) and pulling the rod almost to the waist. Others prefer a fairly wide grip and pull the bottom of the rib cage. As other options, use dumbbells, alternately or simultaneously. If the normal

pull rods to tilt too much load on the lower back, take a dumbbell and a second hand or lean on the bench. Pull-ups for the upper back is best done the usual grip slightly wider than shoulders. Pull up to your chest or behind your head, straighten completely hands-down, controlling the movement, and again rises. Go on, do not rock, while able to move. You will need to start pretty soon suspended load to the belt, so you perform the required number of sets and reps - not the dirty technology, but just concentrate all its efforts on the last couple of repetitions. If you need an example to follow, imagine how Marvin Eder at the age of thirty-five years, just six pull-ups with 56 extra pounds attached to his 89-pound body (Willoughby, 1970). While all the exercises like the pull of the upper block or pull the T-neck and are polyarticular exercises for upper back, leave them in the future.

Hands

Most involved love to lean on exercises for the hands. When they imagine a big arm muscles, they usually imagine biceps, although most of the volume falls on the triceps. We'll go the other way and much to simplify things, emphasizing the extent to which the training of hands is a natural result of training other body parts. Let's start with triceps.

If you do one or two exercise regimes, such as bench press and bench press because of the head, there is no reason to add some isolation exercises for the triceps. French presses, straightening the arms and so on. Just working on zhimami until the hands tremble, and triceps will grow. If you have any doubts about the effectiveness of this approach, here are two ways to enhancing the role of the triceps when performing the basic exercises. Do heavy Dips instead presses lying or do a bench press grip from narrow to medium, keeping the elbows close to your body. Any of these ways will help to develop the triceps to the force and volume of which you never dreamed of. Your rod in the slope and pull-ups will take care of your biceps and wrists, but many are passionate about both the biceps muscle in vain, so we give them, and add a normal rise in the biceps. Some perform the exercise standing up straight, as some prefer to lean forward slightly. Anyway, take the ups with the strict technique for best results. Namely, it does not recline back in the early motion and control weight, dropping him - be it regular or EZ-bar, if desired. Pull hard and perhaps you will join the elite who can perform recovery on the biceps with a strong technique with more than 90 kg. Later, you can also try dumbbell lifts, hoists dumbbells on incline bench, concentrated bending, bending reverse grip, curls on a bench Scott Bending Zottmana and everything else.

Hips

Probably not a surprise that squats - the right choice exercises for your hips. Or rather, you'll be doing heavy squats to parallel with the high number of repetitions. This could add the word "breath", but as soon as you start to perform squats with a recommended weight, you will find that your breath comes by itself! Heavy - what does this mean? Regardless of your strength, there are two tips that will determine your working weight. First of all, you really have to take the weight with which you squat for ten times and be done with him twenty repetitions. Secondly, you

will need to add 2-4.5 kilograms per rod for each workout. You can also add that you will need to perform all repetitions with each workout, because that's exactly what you seek and follow this plan, you will gain in strength and weight at an incredible rate. What do you do depends on your ability to spread, and by your actions will depend on the result: "squat with 90 kg and be strong enough to sit down with 90 kg squat with 225 lbs and become Hercules" (McCallum, 1963; p. 48). Remember that many men got on this program to a working weight of 135 kg, we can not say that it will be easy, but if they could, then that hurt you? You might say - they probably were much stronger than me when we started. No way! Peary Rader began to squat with 16 kg for ten times and got to work scales much larger than 135 kg per twenty times (Reider, 1937).

The high number of repetitions, as a rule, twenty, but do not worry, you need to make just one approach. For a change, especially if you having been occupied by the program for more than six weeks, you can alternate them with the two approaches for fifteen or three to ten, following the same rules. You could also try to go in another direction and make another approach from thirty repetitions. Do not be afraid to experiment, for example, J. K. Hise, who constantly invent and test new approaches to what he often called "the emergence of men." Initially, however, you should stick to the proven formula - one approach of twenty repetitions. All of these words on the parallels may perplex you after a large number of references to the deep knee-bend, but do not let me knock myself confused. Squat only to a point at which the upper side of the thigh is parallel to the floor, since this is enough to correctly work out the muscles. When you descend into a full squat, you will greatly increase the risk of injury to the lower back the wrong technology. [If you have any doubts as to the exact depth of your squat, you better be down just below latitude than nedosest few centimeters.]

So what is the correct technique? The basic principle - a direct spin [Those who have diligently studied the history of the Iron Game, may express doubts about the council, as JC Hise was a stalwart of squats with a rounded back (Hise, 1940). Since squats with a rounded back make an unnecessary additional burden on the lower back and given the fact that the structure of your body will influence the style of sit-ups, aim to make to keep your back as flat as possible.]. It is also necessary to avoid the parade at the lowest point, especially if you descend into a full squat, while at the same time, we recommend a strong recovery. It makes sense to avoid unnecessary load on the knees, not to slow the upward movement. Use the muscle beating to send a weight up from the bottom point, as only achieve a parallel, but from failing under its weight until it stops trying to make having beaten at the bottom. If you keep your back flat, then squats hurt is almost impossible, so take a few moments to hone technique. Mirror or a qualified observer be good assistants, but there are two basic principles that should - and can - to guide you on the right path. First, always send your opinion on an imaginary point approximately at the level of the head. Directing look up at the time, as you descend and ascend (it's called the "head tracking"), you'll almost automatically to keep your back straight. The second important point is that your shoulders raised to at least the same rate as your thighs when you stand up from the bottom of (competing lifters can begin to move with the hips, while the shoulders start to move later to raise the maximum weight, but now we play another game). A slight inclination forward is normal, but try to squat, keeping your back close enough to the vertical. When you lean forward, you move the load on the lower back and at a time when your hips are going up faster than the shoulders, rounded back - and stretched muscles - could easily become a reality. If at first you

find it difficult to maintain correct technique, squatting on a flat foot, try to lay a plaque at the heel or a pancake - but watch out for safety and try to switch to squats on a flat foot as only achieve the necessary flexibility. Flat squats preferable in any case, because they offer greater load the biggest muscles. We make a couple of reps together. Firstly, to keep all your patience to actually sit-ups, wrap a towel or piece of thick sponge rubber around the neck to alleviate pressure on your back and shoulders - but the strip should not be too thick, or neck may start to slide! Secondly, under podlezte neck and make him one step back - the direction and distance of travel is important, because if you lay out the way you want, you do not have the strength to do more than a step forward when the time comes to return the barbell in place. Third, stand steady, feet about shoulder-width apart, toes slightly turned outwards. Do not try to artificially adjust the rack - the right will stand by itself. Fourth, keep the bar fairly low on the shoulders to reduce tension in the lower back, but find a safe condition. Now you're ready to squat. Above his head, his eyes fixed on an imaginary point, and take three deep breaths. Deep. Deeper. Even deeper. Widely open the mouth to draw into himself as much air. Hold your breath and the last resort to parallel - when it reaches parallel, push up, and at the same time, exhale. The idea of holding the breath can be seductive, as will make the maximum effort, but it is also a direct route to the loss of consciousness. Here's what you need to do: imagine your mouth as the tip of a garden hose and as soon as you start up, exhale a narrow stream under high pressure. When you pass the ball rolling, wide open mouth (just like the nozzle on the hose) and empty the lungs as quickly as possible. When you straighten, adjust the look and the neck, if necessary, take three deep breaths, squat, climb in and out. This is the scheme. Remember that the three bursting lungs breathing between repetitions is a minimum, and when you have finished the first ten reps, you may need six or more. [All these arguments about the number of breaths can be confusing. For example, a general council to do at least three breaths at each repetition may confuse, if you prefer to do the first few iterations, making it one breath. The important point is to breathe as the steam turbine for at least half of the reps and the best way to achieve this is to do an average of at least three breaths for a repeat during the whole approach.] To achieve maximum expansion of the chest, a specialist in the person of a good friend, J. K. Hise, James E. Douglas, gives this advice: once you have absorbed the last time before they descend into the next repetition, take another sip of the already filled lungs (Douglass, 1988). I can not believe how much this breath of air can affect the progress.

Another tip to achieve maximum results from squats may seem perfect heresy modern powerlifter: Do not wear a belt during the execution squats! This is obviously a sudden idea, but my personal experience has shown that the times are noticeably breathing and does not give a noticeable effect in the sense of fatigue the lower back. While this approach seems original in our time, a survey of some of the most experienced experts showed that many of those who first tried out this program, never used a belt while squatting (Douglass, 1988, Rader, 1988). So if your mind will go for it, then your body probably will benefit from the fact that you squat without a belt. Squats are the key to the whole program. So, at the risk of repetition, listen as the grandmaster of Iron Game, John McCallum, podvodytozhivaet role squats. [Oddi Hansen, tall and thin fire, asks for help from a surprisingly reasonable owner of the hall. Oddi wants to become big and strong. The owner explains that heavy breathing squats is "an exercise in mass and strength with which nothing can compare," stressing the importance of proper technique and showing it (McCallum,

1972, p. 63). And the owner says a key element of the program of Oddi.]
- You take the weight with which you can do ten repetitions, - said the owner - and do to him twenty.
Oddi stared at him. - You are kidding me.
- No way - said the host. - Each repetition after the tenth will appear last. But use your mind. You sozhmesh teeth and turn away from everything and you squat, over and over again until you do all of twenty.
- Next, - said the owner - when you're done, make one approach light pullovers to stretch the chest. Do twenty repetitions with a weight of about nine pounds.
(McCallum, 1972, p. 76)
Resistant crouch and you will grow. Although the need for hard work has already been mentioned several times, you could remain a doubt. Drop them. "Right now, I would say that if you are afraid to work, please do not start to do squats on the program. Make peace with your current slim build and try to get as much pleasure from life as you can" (Reider, approx. 1938, p. 26).
And yet, in case you are looking to cheat the system and achieve results without putting much effort, I warn you: "You can never do them, if you're not going to invest in them all yourself" (Reider, 1939, p. 15). If you need an example of hard work, think of the Heracles of the Second World War, Louis Abel, who said that he made such an effort, that "my breath was so strong that it caused a toothache" (Teagarden, 1948, p. 14). That's the spirit!
No matter how wonderful were the squat, they have their critics. Their main claim is the alleged risk of injury knee. Of course, knee injury when performing squats with the wrong technique can, but I have never heard about a knee injury, provided the proper technique. In fact, and this is consistent with recent studies (Herrick, Stone, and Herrick, 1987), I often saw squats are used to restore the injured knee and prevent injuries. But if you have any doubts, consult your doctor. Also, it should be noted that the studies underlying the criticism of sit-ups as harmful to the knee exercises contain a number of serious flaws that call into question their conclusions. [If you are interested in a discussion of these studies and a review of the methodology used by the principal critic of sit-ups, refer to Todd, 1984.]
Insurers. Without exaggeration, stuck under a heavy barbell is the most unpleasant and possibly disastrous situation. Fortunately, this is easily avoided. If possible, crouch only if insured. Better to have one on each side of the bar, but even one person standing behind you, much better than nothing. Insurers are required in order to help you straighten up if you can not climb the pole itself. And they greatly improve your confidence - that will lead to an increase in the balance.
If you have no fear, squat on the power frame, or use safe rack - any that allow you to get out from under the heavy weights, if you can not get out of it. These devices should not be too difficult - for safe squatting used sawhorse, sturdy wooden boxes and chains hanging from the ceiling beams. Among other things, check your device before you trust him with their safety. Never, under any circumstances, DO NOT HEAVY squats without these precautions.
Hate squats? Do not worry if you dislike squats - this is normal and expected. Paul Anderson, has reached unprecedented heights in squat, said that due to the fact that they are "the most painful of all power exercises", he usually "dreaded" sit-ups (Anderson, 1964, p. 22). In fact, at first almost no one gets pleasure from squats because some of their properties do not have to imagine: a titanic effort, the pressure bar on your shoulders, the fear of being pressed down the pole, and so on. So, when we agreed that it is not love at first sit-ups quite naturally, what next?

The key word here is initial dislike for sit-ups, because if you follow them for some time, the results probably will make you first to a reluctant-but-carefully, and then in the very-zealous supporter of squats. Accelerate this transformation, following the instructions from the strip under the bar and through fear, and to advice on diet and mood. You will be surprised at how quickly the results will make you a diehard supporter of squats, so do not quit, unable to start. This advice is fully applicable to squats for 20 reps. Twenty astonishing repetition and exhale harder. Some complain that they can not afford all 20. If you can not, then you are depriving yourself of great benefit. Personally, we do not get results until they have driven the number of repetitions to twenty (Paschall, 1952, p. 50). Assume that you will appreciate what is needed to make only one approach, and the results will amaze you, while such hard work, you may never in my life do not need more. And, among other things, remember that these squats are the key to everything: "Many of us do not like GSK [deep knee-bend] - we strive to big breast, wide shoulders and a large force of the body, which are fueled by them" (Hise, 1940 p. 24). You do not have anything against big breast or broad shoulders, right?

Chest

When they describe why the work heavy squats with a high number of repetitions, all of Mark Berry to John McCallum, was isolated by the leading role of the chest to determine the potential muscle of the upper body, as well as how squats can expand it. Vigorous breathing, which is virtually impossible to avoid when performing a large number of squats with heavy weight, and you'll be consciously developed, provides an incentive to a marked increase in the chest. To benefit from this opportunity, immediately after the sit-ups should do the exercise to expand the chest. These exercises are aimed at increasing the opportunities for growth, caused by heavy footwork - and since they involve light weights or even their absence, they will be a welcome respite after moving a heavy metal. Two main options - pullover with straight arms or pull Raider - based on the same principle of stretching the chest. To perform a pullover with straight arms, take a light-weight, for example, seven to nine pounds, and lie down on the bench. As a load suitable rod, a dumbbell, a pair of dumbbells or a pancake. You can go along or across the benches, the feelings [The phrase "the feelings" refers to stretching your chest, rather than convenience for the entire body. The bitter truth is that the most effective exercises to stretch the chest to cause significant discomfort. Since the presence of discomfort in this case bears fruit in the form of greater muscle growth and serious athletes are welcome to contact with this pain (Hise, 1941).]. Take a deep breath, lift the weight over your head and how to stretch your chest as far as lowering the weight as far as possible behind your head. Exhale when the weight returns to its original position. The reason that this movement you are using a lightweight, is that you do not want to make muscles contract. This would prevent the achievement of your goals, because the sole purpose of use of weight - contribute to tension. If you want to get the maximum possible from this exercise price of a certain discomfort, make it a special way, designed by Charles A. Ramsey [Charles A. Ramsey deserves more than a footnote. Among other things, he was a British gentleman, a graduate of Oxford, who personally coached by the great Eugene Sandovo in his youth, then became a fighter, a champion, opened the worldwide branches of the bank, now known as Citibank, lived in Harlem and a

volunteer led the club in which raised a number of outstanding athletes (Ramsey, 1940, Pride, 1954). Now we need to know that J. K. Hise, Charles A. Ramsey called "undoubtedly the greatest coach of our time" (Hise, 1938).]. Keep your hips on the floor and the upper back lean on the low bench (Teagarden, 1942). Less well-known exercise, pursue the same goals as the pullover with straight arms, a craving Raider (Raider, 1951). Need a little time to learn it, but it can give results much higher than conventional jackets. To perform this exercise, grasp a stationary object at about the level of the head, breathe deeply and simultaneously pull down and inward. You can use the door jamb, the emphasis on the power frame, the top of the fridge or whatever, located at the top of the head and allowing your weight down on yourself. When you pull, you should feel like chest flexes upward, although it may be necessary to test different versions of capture and refine the technique for maximum results. Bent Raider you can do with a little bent, his hands and, as in sweaters, avoid reducing abdominal muscles when performing the movement. If you perform these exercises correctly, you will feel a sharp pulling sensation in the sternum (confirming that they work), and you can bring to a state of noticeable chest pain. So be careful and expand the chest, but do not torment yourself. Whichever of exercises for the chest you choose, can also do it after the other exercises besides sit-ups, as well as between workouts. Mentioning about the benefits of these exercises, Dave Draper alternate dumbbell pullover with "literally with everything" (Draper, 1988, p. 38). Also remember that a few minutes stretching does not compensate for damage from the constant bad posture. If you have not enough reasons to stand and sit with your back straight, laid back shoulders and chest raised, work on the program of squats for 20 reps will fill you with such pride that you can not avoid the good posture!

Lower

back

Even if you squat with the best technology, keeping the upper part of the body as possible, vertically, the lower part of your back will be worked out well - so much so that many do not even consider it necessary to do exercises specifically aimed at the lower back. For those who would like to give an additional burden of this part of the body, as well as the hips and hamstrings, we recommend deadlift on straight legs. Pull on straight legs was a major exercise for the legs, advocated at the beginning of the century (Paschall, 1954). On the potential for the development of strength and muscle mass it is only slightly inferior to the squats, but this exercise - with a heavy weight - this is not too popular. At least three factors hinder the popularity of trains:

1. Heavy deadlift is the last thing you want to do after heavy squats (not counting another approach squats).
2. Due to the fact that in the works include large muscle groups and use heavy weights, pull a lot of work when you're doing it.
3. Due to increased concern for the state of the lower back, many coaches and their students prefer not to work through it so purposefully.

With the first two factors you can do it with motivation, but what about the third? It's funny that many have found that heavy thrust on straight legs, with the correct technique, it is the best prevention of back problems. Be very careful to technology to keep your traction on straight legs does not become a so-called "sick-repetition", performed on straight legs, with a rounded back and drooping head (Benjamin, 1983, p. 36). Many prefer to pull while standing on a small

platform to the neck fell to the top of the feet, but others do the opposite. Hise made a "jumper" in the form of a wooden frame for beating rods from the lower position (see Eells, 1940, Rader, 1946) [To imagine how a "jumper", imagine a board propped up by bricks at both ends. Do the same with the other board, placing it parallel to the first, and then arrange them so that they could put a bar (one end of the fingerboard on the same footing, the other - on the other). Now the rod can rebound from this impromptu jumper.]. Legs can be slightly bent at the knees to relieve stress from the knees, but taking the starting position, do not change. Also, like squatting, keep your head above to keep your back flat, which is key to what to build your back and not hurt her.

If you want an example of what can make you pull on straight legs in terms of strength and weight, think about John Grimeke who did repetitions with a weight of 180 to 225 kg of super fine technique (Paschall, 1954).

Caviar

Many just passed calves when work on the mass and strength, but you can add a lift to toe, if you want. You can make a variety of changing the position of the feet - toes inward or outward - but always make a motion at full amplitude - up on his toes to the end, then down, without jerks. Want to work calves, but you have no clever trainer to lift on his toes? It does not matter. Fasten the stump area of 10x10 cm to the big board (so it does not turn), its top trim and nail strip, if you want - you're ready to begin. Even if it is too difficult for you, then stand on a step, curb or other immovable object suitable height. Study on one leg, holding on with one hand for something to keep his balance, and the other holding a dumbbell if you need any additional weights. As usual, we aspire to greater weights. The owner of one of the best physiques of all time, Reg Park, doing twelve reps on the rise on your toes with 360 kg, when Arnold Schwarzenegger first met him twenty years ago (Schwarzenegger and Hall, 1979).
Abdominals

Strong abdominal muscles are needed not only for aesthetics, they also help improve posture, prevent a hernia and support the entire upper body. So load the press with one or two approaches of your favorite exercises: twists, leg raises, lifting the torso and so on. You need not bring themselves to exhaustion for hours of work on an inclined board, but does not deprive the attention of this vital area.

General

remarks

Technique

We advise to perform basic exercises with a fairly accurate technique. Do not pursue an increase in business scale using the clumsy technology, thinking that the way your muscles are better developed. Since the basic exercises use multiple muscle groups, you can gradually reach heavy weights, even with a very strong technique. Remember that proper technique is that is working well-defined muscles, and deviations from it simply transferred the load to another muscle group. This scam usually goes in harm. For example, if you swing your upper body back and forth when the rise of the biceps, you can bet that you have a good exercise for hands and turned it into a mediocre exercise for your back. On the other hand, there is nothing wrong with to carry out as

many reps as you can, with good technique, and then add one or two with a little cheating.

The choice of weights and their weights increased. Start with moderate weights, especially if you have not recently practiced hard and regularly, and gradually increase them. "Moderate weight" means the weight that will allow you to perform all planned repetition with impeccable technique and not overstrained. You are "gradually increasing" weight, adding 2.5-5 kg on the bar every time you manage to perform the intended number of repetitions. With the exception of squats, you'll probably get to the point where after a new increase in operating weight you can not perform all planned repetition. This is normal - work with this weight until you can make the desired number of repetitions and then increase the weight again. For example, you could do bench presses for twelve repetitions in approach and, after 75 kg of squeezed into twelve times in the next workout you add ten pounds, and it turns out that you can make only nine repetitions. Work with the new weight of 80 kg until you can do twelve, before again increase the weight. As for squats, then you should also start with a moderate weight, but increase the weights will be made very simple: add the 2.5 or 5 kilograms on the bar at every workout and do all twenty reps!

Stretching

Always start with a few minutes of stretching. Do not make the common mistake of thinking that stretching you do not need or do not have time. Stretching not only make you more flexible, but will save training time, as it will allow you to quickly implement a training program, since the muscles are already warmed up for the job. Stretching also minimizes the likelihood of injury and trauma is the most reliable barrier to progress. If you think that such a big strong man like you does not need silly things like touch your toes, tilt, rotate your arms and legs, then watch what they do weightlifters who can push more than 225 kg before the close to a loaded rod .

Warm-up

After stretching, the next step in the heating of muscle this workout with light weights. Do not think it's a waste of time. After proper workout you'll feel better in training, can work with large weights and avoid injuries. All this - making progress. You could also say that if you do not have time to workout, then there is not, and to practice.

How long should I warm up and what are the options for workouts? Many are beginning to do the exercises with one or two light approach, gradually increasing the weight. If they do the approaches to the low number of repetitions (eg, five or less), many will make at least two warm-up approach, gradually increasing the weight for each exercise. If they work with a high number of repetitions (eg, not less than ten), many believe that only one or two general warm-up approaches at the beginning of your workout. Another common approach is to make a total workout for the entire workout, not counting the most difficult exercises (like squats) to whom the need to separately make one or two warm-up approach. For effective overall workout, select an exercise that will involve work all the major muscle groups, and significantly increase heart rate and breathing: taking the chest (you can squeeze the weight after taking on his chest), the ups and dumbbell jerks will be an excellent choice. Make a dozen or so reps with moderate weight.

Let common sense tell you what a warm-up is needed and in what amounts. If in doubt, mash more than you need than not enough.

Equipment

As announced at the beginning of this book, and as shown by the description of the basic exercises, to build a large and powerful body does not need the sea of fashion equipment. You can do this program, both at home and in any room. In fact, most sparkling, electronic or mechanical simulators simply can not cope with the problem as it will make an ordinary bar, benches and racks for squats. Choose equipment for its functionality rather than appearance. Durability is a superior quality of good equipment. This should be obvious, but when you look at people doing heavy bench presses on a bench, swinging under a weight, you are thinking about how often encountered in the light of common sense. Even without reaching the extremes in the form of the bench, collapsing in the middle of the approach, a single dumbbell, which decomposes at the top should be enough for even the most obtuse takes to make sure that only suitable durable equipment. All you truly need to work on the program SuperPrisedaniya is a good bar with strong locks, a pair of racks for squats, bench, something to provide security, a lot of pancakes for the rod and the desire to raise all of them. Grief is not suitable for absolutely anyone, even for beginners will fit most rough, half meter in diameter is 2.5 cm bar of hot rolled steel. Grief of cold-rolled steel is much better because of its strength. Ideally, he should have a length of 180 or 210, see if the money is not your problem, you can go out and buy the best Olympic bar and half a ton of rubberized weight plates, but even a fraction of the money spent you could buy a stamp with pancakes and easier to train with the same success. Although they are not very often, the best price / quality is the Olympic bar without screw locks. Thus you will have a quality bar - with all its benefits - at no extra surcharge for the screw locks and Olympic pancakes. Find out about the producers vultures with screw locks and non-disabled. This would cut the price of your neck more than twice and save a similar amount each time you buy pancakes. Slightly inferior in quality, but still significantly greater than the usual stamp of sporting goods store, bar length of 210 cm of steel, held a special treatment for greater durability. This stamp will look slightly worse than the Olympic, but at least it will not sag under the weight of your working weights. Check that the diameter of your neck no more than 1 1 / 8 inch, since the holes in the majority of pancakes have a diameter of 1 1 / 16 inch. There's nothing more annoying than to buy a pair dvadtsatikilogrammovyh pancakes and find that they are not suited to your neck! Pancakes are very diverse in price and quality, with the first and the second is not always linked. If you buy pancakes, guided by their weight rather than the appearance, you may well save money. Many celebrities have enjoyed the last second-hand wheels of the carts, tractors and other gross things as a supplement to regular pancakes. Fortunately, you do not need the first day to buy half a ton of pancakes - you can always buy more for the pair if necessary. Unless you're the proud owner of a 360-centimeter-neck for the huge and fragile vinyl pancakes filled with sand, then buy or conventional metal pancakes, or - if money is no problem - high-quality rubberized. Make sure the locks - some as powerful though they were not looking, you can not tighten without the help of blacksmith's hammer. This means that they are almost

useless because they can not be fixed firmly enough so that they kept the pancakes on the fretboard, in whatever situation, this bar is not found. Reliable weight collar as required. Before the first time you raise the dumbbell above your head, always check their locks. Otherwise, keep handy the phone a good orthodontist. There are countless options for benches, but you are quite suitable solid horizontal bar, and bench with racks will be even better. If you have something more abruptly, choose a bench with adjustable tilt and height adjustable desks, or even with both features, plus an additional rack for safety. It is best to be welded heavy bench, although they may come up and other options. In addition to the inspection of exterior design, pay attention to the weight bench as a factor in its overall strength. If you mostly plan to perform a bench press on the horizontal bar, you can even make yourself something quite suitable from the hard boards. Stands for sit-ups - another important piece of equipment. You can use ordinary stand-alone rack on a heavy ground force frame, step frame, and so on. Once again, strength is the main requirement, and the appearance of minor importance. Suitable for the manufacture of racks is not just required a remarkable ingenuity. Remember how George K. Hise used sawed-off branches of trees, resting them against the wall shed (Teagarden, 1988)? Urban athletes were no less creative - I know one person who rocked in the kitchen of his apartment in San Francisco and used as a frame pair of sturdy bar stools. Another townsman designed collapsible frame, which he attaches to the cabinet during a workout, and kept under the bed (Salvati, 1964). Do not forget the need for insurers when performing squats and bench press. Be aware of this when choosing equipment.

Training

Program

Below is a couple of options for training programs that will guide you along the path to a strong and a great body and provide exercises that promote health. Each of these programs start with moderate weights and increase them gradually.

Main

Program

In the center of the main program are heavy squats for 20 reps. This excellent program is suitable for those who have some experience, and for those who are just beginning. If you always had to fight for every kilogram of muscle, skip it and take a reduced program below.

This basic program looks too simple compared to all the super-duper Activities Programmes, pushed brilliant marketing, but do not let fooled. Number of exercises close to the maximum that can be used for rapid growth and, quite possibly, you can further accelerate progress by cutting even this program. Executing the main program should take you less than an hour.

Assume	for	a	head	sitting	3X10
Bench			Press		3X12
Traction	in	the	slope	of	2X15
Lifting	the	biceps	standing		2X10
Squat		to	parallel		1X20
Thrust			Raider		1X20
Pull	on	straight		legs	1X15
Thrust			Raider		1X20

Calf 3X20
Twisting 1X25

Remember the correct technique for each exercise, and replace exercise, as described above. For example, you can do bench press while standing with his chest instead of sitting regime due to the head or pullover with straight arms instead of thrust Raider, or can some time to do biceps on the rise with a straight neck, and then go to the EZ.

The condensed program
If you have problems with weight gain in the main program, try the following:
Bench Press 2X12
Squat to parallel 1X20
Thrust Raider 1X20
Traction in the slope of 2X15

This program has done wonders with the bodies that refused to rise to countless other programs and these three exercises - bench press, squat and deadlift in the slope - it's exactly the advice Pirie Raider "for excellent results in the development of both legs and upper body (Reider, 1964, p. 25). Just do not forget to work on this program as soon as harder. Fight for each repetition and try to add weight in the bench and deadlift in every workout as well as in the squat.

Frequency of training

Many work on the program three times a week, every other day, for example, on Mondays, Wednesdays and Fridays. Some found that they can not fully recover for such training and, therefore, prefer to train twice a week, for example, on Mondays and Thursdays. Some even find that at least squats are the best in training at every fifth or sixth day. Adjust the program, taking into account your personal qualities and not be afraid to invent their own solutions, such as training three times a week, but squats are performed on only two of them.

As you can distinguish between a genuine case of incomplete recovery from an imaginary pain stemming from laziness and its close relatives? Ease pain should not keep you from training, as it will be after the first warm-up approach. "Incomplete recovery" means the deep muscle pain, which suggests that the muscles will be on the verge of injury if they are subjected to yet another training session to complete recovery. Another indicator - your pulse. Teach measure the pulse of the morning, immediately after recovery. If your pulse is increased, it is likely that you have not yet recovered from the previous workout. In this case, it is an indication for an extra day of rest and not workout.

Do not make mistakes. You can always get a workout once again before recovery, but the rewards you will only lose both muscle and strength. It is better to err on the side of excessive rest, though do not forget that the complete absence of training there will not be any progress.

The question of the correct balance between training and recovery can seem more complicated than it actually is. Begin with classes three times a week. If your feet are too sore by the time the next workout, add one more day of rest between workouts. If they persist, add another and so on. Conversely, if you train twice a week, perfectly restored and want to try to add a third workout - go ahead.

Striping program

Infinite growth is impossible, but the key to constant progress is the ability to avoid long periods of stagnation. One of the best ways is the alternation of the programs

before you have time to seriously overtrain. In fact, the alternation of programs can be as refreshing as the period of complete rest. The key to successful planning is the alternation training programs to complement each other, but different enough to give body and mind stimulating a sense of novelty. For example, the program squats for 20 reps builds core strength and mass, so that it can effectively rotate with the program of aerobic exercise combined with diet. However, it also would be wise to rotate the program to work on strength, based on a smaller number of repetitions, a growing number of approaches and, perhaps, a greater number of exercises.

Program on the strength of the low number of repetitions is suitable for this purpose because it has the same main objectives as the program of squats for 20 reps, but comes to him from the other side. Here is a sample program that you could alternate with

	squat	for	20	repetitions.
Taking	on	the	chest	5X5
Alternate		dumbbell	bench	5X5
Bench	press	Incline	bench	5X5
Thrust	to	the	chin	5X5
Alternate	lifting	dumbbells	for	biceps
Squat to parallel	(the approach of light pullovers after each approach squats)			5X5
Lifting		legs		2X25

With regard to program squats for 20 reps, use it as an example of a planning exercise, but you replace some of the exercises. If you chereduete, for example, six weeks on this program and six weeks on the program of squats for 20 reps, you'll be awake and able to support the striking pace of progress in terms of recruitment of muscle mass and strength.

Another way to continue to grow and at the same time give yourself a break from special requests from the program squats for 20 reps, is the use of cycles, which are constructed similarly to your primary program, but squats are performed either in the three sets of ten, or in two of fifteen repetitions. Any of these options can make a novelty in the main program and you will continue to grow by leaps and bounds. In the version of 3x10-12 use the same weight in all approaches, but in the case of the 2x15, get the maximum weight in the first approach, and then reset the bar with 45 kilograms in the second. And you thought that only the Russian and Germans from the GDR can be big and strong!

Chapter 4. Other factors: diet, relaxation and motivation

Up to this point SuperPrisedaniya focus only on the part of the growth equation, which relates to exercise. But, as follows from our discussion about the frequency of exercises, some exercises do not build a large and strong body. Three other factors are diet, relaxation and motivation.

Diet

Considerations on the nutrition of the inhabitants as well as from experts in the field of the iron sport has changed incredibly since the days when J. K. Hise and his followers first began to add to his heavy squats with a high number of repetitions

whole gallon of milk. Today the general public is much better than ever, aware of how diet affects health, and rarely find a person who did not attend would be at least for one component of their diet, whether the consumption of salt, sugar, calories, saturated fat, preservatives or anything else. Funny is the fact that what worked for Heise and his clan - copious consumption of protein-rich foods - is still the surest way to build a very strong muscle. As soon as bodybuilders and powerlifters have begun seriously engaged in the development of muscle volume, it is natural that they smoothly switched to high-protein, high-calorie diet. Naturally this is because the muscles are built of protein and calories are a measure of energy. From these two facts remain one step to the conclusion - if you want to build muscle, you need to increase the supply of body protein and calories. Thus, high-protein, high-calorie diet has become the standard mass growth and, moreover, had the following advantages: increasing the overall level of strength, muscle strength and volume of the body, together with the relatively high degree of conservation of muscle relief (Stevens, 1963). Milk, without doubt, the food was and remains of paramount importance from the standpoint of the traditional approach to a set weight. It is rich in protein and other nutrients, it is easy to consume in large quantities - as confirmed by the practice - all involved in the program of heavy squats, who drank enough milk and gaining weight. Yes, every one of those whom we have heard. How much milk is enough? Usually advised to drink at least two quarts (1.8 liters) per day, which may seem, if you're a beginner. In fact, this is treated as an absolute minimum if you really want to grow, and a gallon (3.78 liters) of milk per day should be your goal. Do not be afraid of this figure - it is attainable, if you will from time to time to drink a glass a day [when I first tried this program, I was hired for the summer on the scene. I'm unstoppable support the consumption of milk at the right level - every morning I took to work with him a thermos that would hold a gallon of milk. As a result, I gained 30 pounds (13.5 kg) for 6 weeks, and once told Peary Rader about his experiences, my success was highlighted in the journal Iron Man (Strauss, 1969)]. If you get tired of the splash of milk in the stomach, remind yourself that it is from this white liquid grow your muscles. In addition to milk, plan three large meals a day and snacks in between. Portion sizes, as well as the size and frequency of snacks, depending on how intensely you start training and at what speed would gain weight. You can start with the three main meals, milk and a snack. If you are not satisfied with the speed dial mass, drink more milk and / or more snacks. As the main meals and snacks from the simple to cook healthy food: meat, fish, poultry, dairy products, eggs, cereals, vegetables and fresh fruits. If you eat healthy food, rather than making excuses to eat junk, then eventually you'll look and feel much better. Example of a daily diet Here is a sample diet for each day, which complies with calorie and protein content, recommended for a set of mass (Bickel, 1964).

7:00					Breakfast
3					eggs
1	slice		of		bread
1			cup		milk
9:30					Snacks
1	/	2	sandwich	with	meat
1			cup		milk
12:00					Lunch

A			sandwich		with		meat
A							sandwich
1						cup	milk
1							fruit
15:00							Snacks
1						hard-boiled	egg
1			slice		of		cheese
1						cup	milk
18:00							Dinner
3	/	4	pound	of	meat	(340	gr.)
2							Vegetables
2						cups	milk
1							fruit
21:00							Snacks
1	/	4	pound	of	cheese	(110gr.)	
2						cups	milk

This diet contains about 4,750 calories and 253 grams of protein and represents an example of that is very successfully used, along with squats for 20 reps. Modify this diet if necessary - add, reduce, or change the places are. The first thing you notice about this diet is the amount of food consumed, but do not forget that such an approach was developed at a time when dietary supplements did not yet exist, and therefore required a lot of food to meet calorie and protein requirements. In fact, many of the diet of this type were much more serious than this, for breakfast, for example, is easy to add: a glass of orange juice, a bowl of porridge, a little ham or bacon, and maybe even an egg and a glass of milk. The second thing you may notice a high content of dietary cholesterol, which may seem like a straight road to atherosclerosis, or arterial-sclerosis. As well as in the case of the knees, if you have any doubts, consult a family doctor, but do not doubt that the issue of cholesterol there is no consensus - no matter what you read in a magazine while standing in line at the grocery store cashier. About twenty-five years ago, a leading nutritionist pointed out that "Cholesterol is just an innocent pig, stuck in the doorway of the crib" (Davis, 1965, p. 48), implying that the real problem is the lack of dietary nutrients using fats, and not the very presence of fat. The same source claimed that three fatty acids (linoleic, linolenic and arachidonic), usually found in vegetable oils, are important for cholesterol. Even more clarify the situation, showing presumably malignant cholesterol in a different light, a citation from a study in 1935. This study showed that "heart disease caused by consumption of cholesterol, can be prevented by taking only small amounts of lecithin (Davis, 1965, p. 50). Interestingly, although a similar approach to the diet (as well as the need to exercise) is understood in contemporary research on nutrition (eg Kirshmann and Dunn, 1984), he has yet to reach the minds of cholesterol frightened the public, which has been brainwashed so-called "coronary thrombosis in terms of Reader's Digest" (Gironde, 1976, p. 17, Grace, 1977, p. 23). As soon as protein supplements be spread, they began to occupy a more prominent place in the diets for a set of masses, usually replacing a light snack. Also, athletes have acquired the habit of mixing cocktails in their own favorite recipes, usually based on milk, milk and bananas. Thus the average athlete can take advantage of protein supplements for a fraction of the total price. On this basis, each picking up his favorite recipe, and among them were those who would help build muscle even a

grasshopper.

As an example of what can be included in these high-octane mixtures, consider the following products: pineapples, pears, coconuts, ice cream, honey, molasses, brewer's yeast, soy flour, peanut butter, dried liver, lecithin, oil of wheat germ, safflower oil, peanut butter, eggs (raw and boiled for the usual for hard-nosed athletes), tuna, and everything that you will find in the kitchen, if the blender still has a place. Here is an example of the classical and at the same time the basic cocktail:

4 cups whole milk
2 cups milk
1 / 4 cup of brewer's yeast
1 banana
2 tablespoons of lecithin
1 tablespoon oil from wheat germ
1 large vanilla ice cream

This mixture contains about 100 grams of high quality protein to a quart (946 ml.), And enough calories to justify the effort in its mix. Drink this cocktail every day, eat lots of healthy food, take a good rest and six weeks later you will grow so that you do not know his own mother.

Regardless of looks like your diet, you are wasting time in vain for the program SuperPrisedaniya if you do not follow the guidelines described above. Hise did not gain weight until they switched to a diet rich in protein and contains the meat in large quantities (Hise, 1940). He said, "The most important thing is training for the food - plenty of food and plenty of protein," and advised there are two or three pounds of meat (900 - 1350 g) per day (Hise, 1938).

Supplements

In a strange way dietary supplements are absent in the diet above. SuperPrisedaniya not suggest that supplements do not work, rather they rely on a diet that simply uses the food bought at retail. If you have a wish, go ahead and add any major diet supplements that you can afford - start with vitamins and minerals, then move on to protein supplementation, and finally turn everything else that would like to try. There are a variety of authors giving advice on diet, results-focused, but Jerry Breynum and Dr. Frederick C. Hatfield are two authors, who invariably helpful. Jerry Breynum regularly writes for leading magazines boldibildingu (eg Breynum, 1987). He has a lot of practical experience, and he writes easily understandable language. It seems that it's always good to prepare their work, wading through the confusion that surrounds many of the themes of modern dietetics, and is always considered opinion. This is particularly important at a time when a considerable number, if not the vast majority of so-called experts on nutrition at the same time involved in selling supplements together with its recommendations. Perhaps the best indicator of experience Jerry Breynuma is that many of the leading bodybuilders ask his advice (Beylik, 1988).

Dr. Hatfield also writes for leading publications in the field of Iron games and collected his thoughts about food in several books (eg, Hatfield, 1987). Being a modern powerlifter, "Dr. Squat" has proved that he is worthy of his nickname, sat down with a 456 kg (Lambert, 1988) - not for the weak men in the fourth ten, net weight is much less than 135 kg! Surely it will be difficult to find the best combination of knowledge about proper nutrition and high-end sit-ups in one body, so

listen to it if you want to learn more about food additives.

Sports

Exercise stimulates the growth of muscles through injury, creating conditions for them to recreate - in a stronger, massive form. Such a recovery is dependent on two other factors: supply and recreation. Food, as noted above, provides building materials (from natural sources) that can be processed into a more powerful muscles. The regeneration process also requires an appropriate rest, as sleep and relaxation. Thus the diet provides substances for the construction of the body, and rest is a process that allows properly these substances are used. Cycle exercise, food, recreation defines the main components in the equation of muscle growth. Excess exercise or insufficient food / leisure will reduce your muscle mass and strength. Surplus food / rest will lead to excess fat or less than he would be an increase in muscle mass. Consequently, as well as with diet, while working on a lot better to rest a little longer than necessary. Sleep at least eight hours a night, and: ... No wait, if you can sit - do not run when you can go and sit if you can lie. In other words, work harder as you can in training, but do as little as possible between them. Extra work will prevent you to achieve the goal (Reider, 1964, p. 71) Do you ever secretly envied no sluggard? John McCallum calls this process of "relaxation".

Not bad at times to relax and stay at your pleasure. And, oddly enough, this change will bring many benefits. ... When you decide to thoroughly test the program, you'll find that happens to you in a number of pleasant things. Can count on the strong rise of energy, increased desire to train a new outlook on life and, most importantly, a large weight gain (McCallum, 1970). And do not think I need to rest enough this kind of innovation. Venerable J. K. Hise advised to rest 21 or 22 hours a day for best results (Hise, 1938). It would be nice, and you relax in this way. When you're in a hurry as soon as possible to become big and strong, harder than anything else is to relax, even if the reason you are aware that progress requires adequate rest. When you can not wait to pounce on the rod, and according to plan in this day of rest, try to keep their energy. The best thing you can do to make progress is to fully recover for a particularly violent attack on a bar in the day of your next workout. Dream of his future greatness, read a book or go to the movies instead of sneaking into the hall ahead of schedule.

Motivation

"Think, believe, achieve" - this is the board of the strongest man Bill Kazmayera (Siola, 1987). Best of all, if your actions will be aimed at a specific target, so that is conceived it for ourselves. Start with a general idea of how you would like to look and what to be able to. Let your mind relax and your imagination will show you your future development. How you will look by typing 7 kilograms of muscle? How will you feel? That can make such a thing can not now? Program to be earned, it must believe. Use images that have just imagined, to bolster confidence and motivation, as well as for raising short-term objectives (for example, to follow the program and collect not less than four pounds the first month). Now that

you know, to aspire to, it's time to start the program at full capacity, it is time to reach the goals, it is time to act. Action is a serious test of your motivation, which in turn is based on your understanding of the goals and the belief in the possibility of achieving them. Do not exchange the power of belief in the positive result of the different weird little things, do not take it for what helps boobies overcome their daily problems. Practical, modern scholars, based on studies of leading psychology laboratories, have identified the theoretical foundation of systems based on confidence, and described and witnessed their undoubted influence on what we do and our chances to succeed (Bandura, 1977). You is what you believe. Go ahead, believe in yourself (you know, it's possible), follow an exercise program (squeezing are these squats with additional 2.5-5 pounds every workout), then follow the diet (adhering to the principles of high amounts of protein and calories) and how to rest. To paraphrase Muhammad Ali: To be a champion, you have to believe in its greatness, even if it is not, to portray him. So what are you waiting for? "Breathing squats give amazing results in the past and the same thing they can give you" (Reider, 1963, p. 56).

Chapter 5. Details

[A friend, John McCallum, Ollie asks about the almost impeccable track record of program squats] - Yet it seems to me that the failures sometimes occur. - Listen, - I said. - Whenever the squat do not give someone a result, it was his fault. He said something doing wrong. (McCallum, 1969, p. 11).

To prevent possible errors, we again and again draw attention to the basics. Squat with good technique, heavy weights, and increased respiration, add weight each workout, eat lots of protein-rich foods and drink plenty of milk, as much rest and relax and be optimistic. That's all the basics. What are some of the little things that could accelerate your progress?

More high-tech options for sit-ups

The whole philosophy of this program is still at a relatively low level of technology, with emphasis on basic equipment, exercise and nutrition. However, to supplement SuperPrisedaniya, we describe three more high-tech alternatives for those who simply can not, or why some do not want to perform the classic squats on the back. The first option involves the use of a curved neck and was invented by J. K. Heise (Howell, 1978). The second involves the use of so-called "Magic Wheel and was invented by James E. Douglas, who probably knew JC Hise not better than any other person not living in his hometown of Heise - Homer, IL (Douglas, 1988). The third option uses a belt, which was coined by the venerable Charles A. Ramsey (Hise, 1940), and is actively used in recent times by John McCallum (McCallum, 1970). Thus, each of the alternatives to direct the neck for sit-ups is like a beautiful legacy worthy of consideration. Let's see what they can offer us.

Once, when he began coaching, J. K. Hise discovered that his brother bent neck in the process of repairing your car. Joe straightened it, and continued training, but eventually decided to bend it again to reduce discomfort from crashing into the body and moving on the back of the neck fingerboard (Howell, 1978). Thus was born a curved neck, which often become the main element of heavy squats. Those who wanted to do it yourself, get advice just buy a bar of required diameter and length at a local store hardware and bend it so that the deflection was about 2.5 cm (Reider, 1956) [Chester A. Teagarden did just the same candy from a curved fingerboard. He bent a steel bar of length 7 1 / 2 feet (228 cm) and a thickness of 1 3 / 4 inches (4.4 cm) at five locations in order to achieve deflection of 10 cm by 30 cm on each side of the neck were whittle down to a diameter 1 1 / 16 inch (2.65 cm), to be put on the Olympic pancakes, and the ends of the neck were bent upward to slid the pancakes are not even in the absence of locks. Then the neck to balance and in the finished state weighed 22.5 kg (Teagarden, 1988).]. For some reason, curved necks are fairly rare, but they are a great alternative to direct vultures when performing heavy squats. Incidentally, although this is not the same as the squat with a curved neck, but you can make the exercise much more comfortable if you take high-quality Olympic bar, which will naturally sag on your shoulders under the weight of the working weight. Magic Wheel been born under the name "Harness Douglas" [J. K. Hise nicknamed the invention of his friend, "Hula-Hoop, also calls it, and Jim Douglas (Douglas, 1988, p. 2).], A rectangular frame, tacked on to the shoulders straps and loaded with pancakes (Douglass, 1954). The purpose of the harness Douglas had to solve the problem of subsidence shoulders forward, as well as reduce the inconvenience caused by pressure from a heavy weight on his shoulders. James Douglas perfected his invention, releasing an improved model in the form of a circle (Douglass, 1954) and in this form it was sold for decades by Peary Raider «Body Culture Equipment» called "Magic Wheel". As a curved neck, Magic Wheel out of fashion, but not because of poor results:

In 1964, this adaptation (Magic Wheel) became available to readers and Iron Man has since become the most popular equipment after the boom. Many readers have noted a marked acceleration of progress, since they could almost harder and without the inconvenience of working with large weights. For many, Magic Wheel has become the number one among the equipment for training (Reider, 1968, p. 28). Hard-nosed traditionalists think about squat with Magic Wheel, will be pleased to know that JC Hise enjoyed such a wheel, which was made especially for him by James E. Douglas (Rourke, 1986), and that Hise considered him "the best invention of all time "for breathing squats (Douglas, 1988, p. 3). Belt was a decision that Charles A. Ramsey found to allow their students to "crystal spin" to benefit from squats (Hise, 1940, p. 13). John McCallum called the squat with belt clip "the best solution for pumping the lower part of thighs (McCallum, 1963, p. 48). Later, he developed a program based on this exercise, which gave the "amazing results" to all who experienced it (McCallum, 1970, p. 44). As the name implies, this approach represents a hanging rod to a chain or rope tied to a durable belt fastened around the waist. Not having to keep the weight on your shoulders, you get to breathe in really deep, and podkladyvaya under the heel plate, can transfer the load on the muscle just above the knee [Details of making and using a lap belt beyond SuperPrisedany, but anyone can build a decent belt almost free. Details, see in McCallum, 1970.]. In a widely publicized experiment, used the squat with belt clip, a once-nameless and very mediocre Henry Masters scored 12 kilograms in two months, increasing the circumference of the hands of almost 5 cm, and deadlift

is almost 50 per cent. Not bad - especially for a guy who swung around one and a half years, but "did not get an ounce" before classes start on this program (McCallum, 1970, p. 44). If you're still not convinced that the squat with belt clip is a decent variety of sit-ups, remember that they were a favorite exercise of John McCallum, when he turns his body from a bag of bones in Hercules (Reider, 1967). Even if you have always been a supporter of traditional squats, using one or more alternatives can be a refreshing and productive.

Objectives: The weight, volume and power

In the absence of purpose, you probably spend a lot of time for the devil knows what. Armed with a purpose, you can run a course on the need to amend and - most importantly - get satisfaction from achieving the endpoint. Let's talk about some of the main objectives of this program.

Body Weight

Let's start with body weight, as it is of paramount importance to your appearance and physical strength. The first thing to remember is the fact that the so-called normal weight, which recommends that your doctor or health insurance has nothing to do with how much weight a strong, well-developed man. The second point is that, on its own weight does not guarantee a certain level of power and volume - so consider the scale in the bathroom as additional information, not infallible ideal, and let your appearance and success in training will help you to understand the evidence weights. How can you calculate the desired weight, if your goal - a strong, well developed body? As a guide, if you're talking about good development and strength, consider the following system (Brown, 1967): Starting with growth of 5 feet (152.4 cm), take 100 pounds (45 kg) as the base weight. Adds or subtracts 10 pounds (4.5 kg) per inch (2.54 cm) growth exceeding or missing about 5 feet. For example, the base weight for a man of great stature 5 feet 11 inches (180.34 cm) is 210 pounds (94.5 kg): $100 + (11 \times 10 \text{ pounds})$. To get an idea of what would be your weight at the maximum development of muscle, add 30 or 40 pounds (13.5 kg or 18) to your base weight. Using this formula, a person growing to 6 feet (182.88 cm) will have a base weight of 220 pounds (99 kg) and weight at maximum muscle development in the range 250-260 pounds (112.5 - 117 lbs). Remember, this is only a reference guide rather than rigid rules. More stunted people will weigh more than the relatively high (that is, to get closer to the maximum weight) to look just as impressive, and people with thin bones will be harder to achieve the maximum weight in comparison with boned (usually their aim would be, say, 15 -30 pounds (6.75 - 13.5 kg) less than their big-boned competitors). It does not matter whether you are high or not, are fragile or massive, whether you aspire to reach the base or the maximum weight, chances are high that if you have not worked on the productive bodibilderskoy program for a substantial time, then you are left with the mass of the potential for further Mountains muscles on your skeleton. Starts to grow.

Volumes

The study published by the size of modern bodybuilding body may give you the impression that they all have their hands in a circle 52 cm, chest circumference of 135 cm, 75-centimeter waist and all the rest of the body have similar proportions. Of

course, most of the reduced size has little relation to reality (McCallum, 1964, Rourke, 1987), so they only can that lead the wrong way, to confuse and disappoint people who take them as an example of what can be achieve in terms of muscle development.

What is guided by a real, honest assessment of the possible volume? [What is particularly important, in addition to the notion of what can honestly be achieved in terms of muscle volume, this formula sheds light on the extraordinary results that can be achieved without chemicals, consuming all his spare time training programs, exotic equipment or crazy diets.] John McCallum (1964) proposed a formula for calculating the targets, which can supply for themselves. To get an idea about the size of your bones, start by measuring your wrist (just above serving bone) accurate tape, and you're ready for calculation.

1. Multiply the circumference of the wrist at 6.5 and you have an idea of the possible size of your chest. Since the chest is a key factor for determining the development potential of your muscles, this size will be the starting point for the calculation of the rest.

2. Waist circumference may reach 70 percent of the circumference of chest and hips circumference - 85 percent.

3. Strive for biceps in 36 percent of the circumference of the chest and forearm at 29 percent.

4. Expect a 53 per cent for the circumference of one thigh and 34 percent for the calves.

5. And finally, neck circumference could reach 37 percent of the circumference of your chest.

Under this system, people with the wrist in a 17.5 cm (suggesting fairly thin bones) can expect the following: chest - 115.5 cm, waist - 81 cm, arm - 41.6 cm, forearm - 33 cm, thigh circumference 98 cm, a hip - 61.2 cm, calves - 39 cm and neck - 42.6 cm Likewise, a man with a wrist in a 20 cm (which indicates a rather large bone) will have the following dimensions: Chest - 132 cm, waist - 92.5 cm, arm - 47.5 cm, forearm - 38 cm, hip circumference - 112 cm, a hip - 70 cm, calves - 44.3 cm and neck - 48.7 see people with more subtle or even large bones have an amendment to the calculation, up or down.

Also, always remember two things concerning the measurements. First, as with the mass, do not confuse the purpose and means - the mirror and believe that how well you train and how you feel, more than roulette. Secondly, consider what you may have never met measurements, credible, and therefore do not think that formula is ridiculously conservative - Get something comparable and you will figure that you can be proud of in any situation.

Power

How strong you can be? How much iron you'll pick up if you do the program so hard as she deserves? What are the weights need to work to become a Hercules? Squats, of course, are the cornerstone of your efforts on the way to the big and strong body, so in practice you need to know how much weight you move, making twenty knee-bend. You can get scared when you hear that 150 percent of your body weight is a good benchmark for the minimum weight, you want to achieve, if you're serious about growing (McCallum, 1968). Remember the story of Peary's Raiders, who began training with weights a little more than an empty bar, and far exceeded the specified landmark. You can do it too, if you follow the program and work hard enough. Squats are a basic exercise, but to help you understand your objectives in terms of

strength, and bring a couple of benchmarks. Aim for at least 75% of body weight for 12 reps in the bench due to a head - a lot, but you will have shoulders, arms and upper back, which you could not dream, if you reach this goal (McCallum, 1968). Continue? Aim for at least 125% of body weight with a precise technique in the deadlift in the slope at the 12 repetitions, about the same in the bench press, and try to keep working in traction weight on straight legs equal to a working weight in squats. When you reach all these goals, you will have more power than you may need to deal with any life problems and if you want, you can seriously engage in clarifying the issue of the maximum force you can develop. Now you should be clear that there is no point in trying to build the body if you are at the same time do not aspire to become strong. And to be strong, you need to lift more weight. It's really that simple.

Keeping a diary

Even if you understand that you need to set goals and consistently work to achieve them, you can not infer from this that it is very important to constantly monitor their progress.

One of the reasons that weight training brings such satisfaction, in addition to the hidden benefit is that your achievements are obvious - your once skinny arms are now filled with a hose, you can raise the bar on the biceps, which a few months ago could not would even roll on and so forth. A big plus progress in terms of its track, in that it can be easily measured.

First, weigh and measure yourself before you start the program - must record the results and do not be fooled by incorrect measurements. Second, start the training diary and record every exercise every workout. Thirdly, to weigh and measure yourself regularly. Make time for a periodic review progress in the working balance. Fourth, if you have an obvious and visible confirmation of your growth, take a photo before the start of the program and take pictures regularly, and move the graphics of your working weights. If you are working as it should, the last point strongly to surprise you.

Many already have the habit of regularly weighed, so it's usually not a problem - just necessary write the result to keep track of growth. Also, once you start to swing, your tape measure is likely to be always at hand and you measure your biceps a few times a week. Even if you do not reach such meticulous track of their size a habit after the start of training. Taste for photography, too, usually comes by itself. Those who worry about their appearance is likely to gather a collection of your own photos, and those who see it only as a means (to develop strength and health) will not matter - they have photos or not. So the only thing left to discuss, this training diary. Data about your workout is one of the most important things that affect future actions. Without them, you have to hit the target in the dark. The purpose of training diary is an accumulation of data about your classes - it reflects your situation and provides both information and support to help you achieve your goals. For example, if you are uncomfortable putting on weight and you have a blog, then show it can show you that you are not strictly adhere to the training schedule and poorly monitored the increase in the working balance. Conversely, you will receive an incentive in the form of satisfaction from the fact that over the past six weeks, you will not miss a workout, was added during this time forty pounds to the weight of the worker in the squat and scored thirteen kilograms of strong muscles. The image of your results in chart form

as it allows us to consider your blog under a microscope. For example, you will immediately see whether a real increase in the weights of the planned work. Do not think that training diary should be something special - you can use any notepad and ordinary notebooks extensive track record in this field. Record the date and list every single exercise, as well as weight and number of repetitions. Record data in the form of weight X number of repetitions for each completed approach. You can also add your own weight, general comments on the well-being and individual comments on the sensations during separate exercise. For example, your diary might look like this:

As you can see, each exercise is accompanied by a recording of weight and number of repetitions for each approach. Individual comments are added where necessary - these can be explained or encouragement - something that is more appropriate. Maintenance and examination of your training diary is one of the most useful additions to your main exercise regimen, diet, rest, and this weapon is too often not used or underused. The information enclosed power. Remember that your blog gives you the information you need to build up your strength.

The right mood

On pages SuperPrisedany you get advice to go beyond the usual limits, use the mind to your body could reach new heights. It's time to tell you about a special way to help cope with this task. One basic option, which we use, has been known by many names, but let's not complicate and simply call it "mental pronunciation. Although this technique works just wonders, there are two things that need to warn you. First, the technique of mental pronunciation is an art, so take the time training before using it on all cylinders. Secondly, as it were astounding no matter the technique, do not try to use it simultaneously for a dozen different purposes - one to direct the efforts. At this program you will have to work hard to find for her to better use than maintaining your ongoing progress in the squat. Later you can use it to improve virtually any side of your character or behavior. Let's lay the foundation for this art. One of the ways of the head in training this imagination of success - the creation of what we seek in our consciousness to the body was easier to pursue. Here's how it works: First, we must learn to reach a very deep relaxation - it's clear the field for the imagination. Secondly, even the smallest detail, using all the senses, we will be painting the goal that set themselves. Third, we repeat this many times before We turn the essence of the problem. Fourth, just before getting to the essence, we'll take one last mental recitation of our planned actions. Fifth, we will do something to aspire to. It's not as difficult as it sounds, and the results are almost miraculous. We will not go into details, but our success in carrying out mental pronunciation will be much greater if we reach the pre-state of deep relaxation. To do this, there are a lot of ways, but they are all under three main techniques: (1) deep breathing, (2) the gradual relaxation and (3) auditory training. Let's briefly consider each of the techniques and form the mental training program, which can greatly enhance your working weight.

Deep breathing is generally consistent with its name. Take slow, deep breaths that fill the air with a diaphragm - and not just the top of your lungs. To check whether you fill the diaphragm, lie on your back and take a few breaths. If your stomach is fixed and the chest rises and falls, you are breathing properly - make sure your stomach rose

and fell with the breath. The gradual relaxation includes regular stress and muscle relaxation (Jacobson, 1938). The idea that muscle tension and relaxation are incompatible and you need to distinguish first from second. The best way, and, consequently, the path to deep relaxation, is alternating tension and relaxation of muscles. Auditory training is widely used by athletes from Eastern Europe (Garfield and Bennett, 1985). It allows you to control a surprisingly large number of domestic functions - including many of which until recently was thought that they were not amenable to conscious control (eg, heart rate). Auditory training in our execution will not reach the limits of its capabilities, we will only use it to teach the body to relax on a verbal command.

Some people respond better to one technique, others - on the other. Therefore, to achieve the best result, our approach will combine all three. For this exercise to relax Find a quiet place where you can go where it will be warm and where you will not be disturbed. This may be a park, beach or your bedroom. Clothing should be free - no tight collars or belts, and a good idea to remove your shoes. Not counting the breath, you should remain motionless throughout the exercise, so it pays to get comfortable from the start. Lie on your back legs uncrossed. Put your hands on the sides of the body or crossed them just above the waist. Although you do not plan to fall asleep, it is better if you close your eyes. Take a few slow, deep breaths, will see to it that the belly rose and fell. Inhale through your nose and exhale through the mouth. During inhalation, imagine yourself calm, but a powerful wave, covering your body like a blanket, and while exhaling imagine how all your possible stress, tension and anxiety evaporate into space. Make at least three or four of these breaths. Then slowly rotate your head, gently shake his shoulders and take a couple of grimaces that make your facial muscles tense and then relax them. Then just relax. These exercises will identify the most common stressful place and help get rid of stress. By now you should already feel more relaxed, and remember that your ability to relax will improve your workout. Now go to the toes and soles of the feet - tense your muscles, hold the tension for a moment and relax. Relax for a second or two and do the same with the calves - tense, hold power for one second and release. Again, take rest and move on to the hips. Repeat the procedure with the stomach, chest and lower back, shoulders and upper back, neck, and finally face. Be careful not to contract muscles to cramp during exercise - only in order to get a good feel stress - and then relax.

Make two or three deep breaths - just like at the beginning of the exercise. Now you should feel much more relaxed than when we started, but we'll go one more step toward an even deeper level of relaxation. Start with right foot and say, "My right leg is warm and heavy. I am relaxed. " Repeat this to yourself five times, and do the same with the left foot. The same run to the right and left hands. Finally, repeat five times: "All my body is warm and heavy. I am relaxed. " By now, you'll feel ready, but will not feel his body. Now you are ready to begin the mental recitation of his success! Let's look at the mental recitation of a successful approach squats. Remember: The same technique can be used for virtually every aspect of your life. Imagine your room - imagine how a more detailed picture. How does he look like? Familiar smells? Sounds? Tactile sensation? Imagine a rod on which your working weight - mentally putting pancakes can help create a clear image. Look at the bar and step under it. Do not be afraid to admit that it is heavy - it is, but you raise it, and thus develop self-

confidence. One after another, performs scheduled repetition - Experience each and do not cheat by skipping them! When you finish approach, return the bar to the place and say to yourself words of praise. A good approach! Perform this procedure at least twice before a workout - in the evening, while lying in bed just before falling asleep - a convenient time to do mental exercises. In the hall, right before you execute the approach, find a quiet corner, sit a couple of minutes and follow a shortened version of the mental pronunciation. If you can not turn away from extraneous stimuli, wrap the head with a towel - it may seem ridiculous, but it works and no one dares to laugh at your results. Immediately after the mental exercises go to the real, and you'll be surprised at your increased power. After a few months he was stuck on the weight of 193.5 kg for three times, John McCallum has applied this system and issued three repetitions with 225 kg (McCallum, 1965). And what do you think that all this mental recitation - complete nonsense. Now you nothing can stop it.

Afterword

Diligent work on this program, you may be in the spotlight. You will look like a man who has a muscle because you have to GROW. Not all will be similar to John Grimeka or Arnold Schwarzenegger, but all can build a body that is more than impressive, and the results show up in many areas. All this progress, all these acquired muscle and strength should give you a new responsibility - to be strong, but humble. For decades, serious bodibilderskie programs give athletes a huge advantage in terms of development, strength, health and appearance. Unfortunately, one of the things that worked against the widespread weight training has been a tendency of some bodybuilders boast ("syndrome of large lat") or, worse still, lifted up. Think of what you are now an agent of the Iron Game for public relations, as a small fee for all that they gave you a workout (McCallum, 1966) and behave with dignity activities that allow you to completely restructure itself from top to bottom. Lecture over.

About the Author
When Randall Shtrossenu was about eight years old, he went to the tail of his uncle, who was rocking in the basement zalchike - so he had contracted an interest in iron and have never recovered from it. After several years of intense workouts, adding a nice effect, but very little - in weight, young Randall first tested the program described in this book, and earned 13 pounds of muscle in six weeks, which was quite amazing to Peary Rader wrote about it in January issue of Iron Man in 1969. He never forgot about such a miracle of heavy squats for 20 reps, and even today, when he was forty, Randall still crouches significantly greater than 135 kg x 20 often enough that memories are not tarnished. After receiving his doctorate in psychology at Stanford University, Randall worked for several years vice-president of marketing at a major bank, and then a few more years at a large accounting and consulting firm. In 1988, Randall founded IronMind® Enterprises, Inc. to improve results in the power sports through techniques based on scientific psychology. IronMind® Enterprises, Inc. also reflects a deep respect for Randall to the rich history of the Iron Game. In 1990 IronMind® Enterprises, Inc. began selling equipment for training, books, videos and nutritional supplements, and

quickly gained recognition among law enforcers around the world thanks to its unique, high quality products. Randall publishes MILO (a quarterly journal for serious strength train involved), is the author of a monthly column on sports psychology at the IRONMAN magazine and his articles and photographs appear in magazines around the world. In addition SuperPrisedany, he wrote a book IronMind ®: «strong spirit, strong body" and was editor of the book "Keys to Success" by John McCallum.