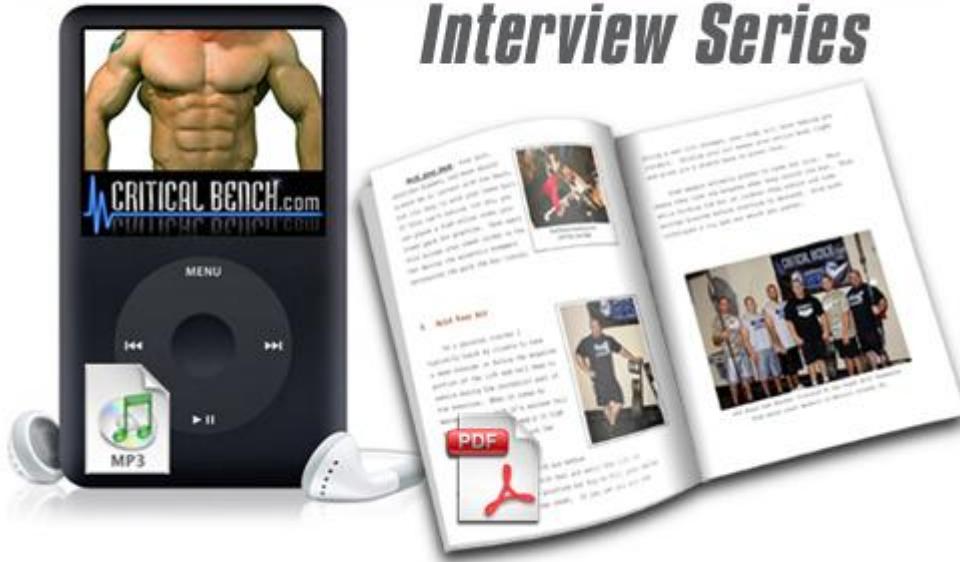




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## WEEKLY MUSCLE BUILDING EXPERT *Interview Series*



### Dennis B. Weis Interviews Dennis Tinnerino

Hi Dennis. I've just completed answering all of your questions that were written down as best as possible. I think it's probably one of the most informative question and answer letters that I've ever filled-out and I think that's probably the reason why you give such great articles. I read some of your articles and I am very impressed with them, and I know that you'll do a good article on me.

I hope in the near future to come out with a pamphlet, a question and answer booklet for my mail order business and I hope to use some of the questions that you have in your interview questionnaire in my pamphlet. I hope that's okay with you. I think that you've done a very extensive research regarding this and I'm very impressed with it and hope that we can do more business together in the near future.

Pete Sanburn is a good buddy of mine. I'm lucky enough to be working together with him and he's helping me with my nutrition booklet for my mail order business. And if you have any helpful criticism or any advice, well hell, I'm definitely willing to hear from you.



What I'll do is I'll go down the line and try to answer some of the questions a little bit better. It's probably easier to answer it by tape than it is to write it down. And I think the most of them I have answered pretty easily.

As far as my hobbies, well, generally I don't have that much time for any hobbies, but I generally like to just get outdoors and just kind of groove on nature. I usually take my wife and kids up to Caramel and Big Bear and places like that and Palm Springs and San Luis Obispo and just kind of relax. And then we like to go see plays and movies and I like to swim and just try to relax a little bit.

How did I become interested in bodybuilding? I come basically from a pretty active family. My father was a boxer and a Golden Glove competitor. My uncle was a Strongman in Vaudeville. When I was 12 year of age I was lucky enough to meet Charles Atlas and that was probably the beginning of a stimulation that I needed to want to have...develop a superior physique.

The of course I used to watch Jack Lane on TV and I was very impressed with him. But, what really did it was Steve Reeves movies. That was probably the beginning of the period of inspiration for me, that made me want to win Mr. America and go on and

win Mr. Universe. I wanted to emulate Steve Reeves and Rich Park and Bill Pearl. They were my favorites.

It's funny, what some of the guys, with all the drugs that they take now days, I don't think half of the fellows are lucky, 1/10 of the fellows have surpassed their development. I think they really have been a credit and they are definitely pioneers for the bodybuilding sport of present day.

I've been training since I was 12 years of age and I started when I was around 12 and got out of it for a while and started training serious around 15 and started training in the neighborhood. I came from a pretty rough section of Brooklyn and we more or less trained to be big and strong. I mean, it was a type of thing where the weak die and the strong survive. That kind of thing.

We had a lot of respect for manhood. We were all pretty much macho kind of guys. I just wanted to gain weight. My father encouraged me quite a bit to improve my appearance and to look better.

I made my best gains, I'd say, from 15 to 18 years of age. What do I feel attribute to these gains? Probably just youth, youth natural ability, hereditary. I had a pretty good frame, tremendous metabolism. I just ate whatever my mother cooked. Generally she made a lot of Italian meals and I ate quite a bit of protein and I started taking some of the supplements. I just think that I was more or less basically a natural. I had a natural all-around metabolism and had good natural ability and had tremendous drive for training. I just loved it. They used to call me The One-Man Gang when I was a kid.

I used to go in the gym for four hours sometimes, just training and do every different aspect of exercise from swimming to running to jumping to weight lifting. And then finally when I was around 17 I got into training for my first contest, which was a natural, which was named Mr. New York City. And I won that at 17-18 years of age.

Let's see, going on to the next question. I like to train at home at times, but I think prior to a contest, I think it's very important to train with a buddy, someone who can push you on to even greater depths. And a place where you can see other fellows who are just as equally as good as you are, like the World Gym. I am presently training as much as possible at the World Gym and I train in the mornings from like 7:30 to...sorry, from around 7 to 9 with Doug and Pete. I get very good workouts with them and probably getting the best workouts in my life. And I think this coming year they will see the best Dennis Tinnerino that they have ever seen. It's been a culmination of all my efforts for the past number of years and I think I'm finally going to be able to put it all together.

The equipment in the World Gym is probably the best equipment in the world. Everything just seems to work right and just seems to flow together. Plus, watching the other physique stars, Frank Zane trains there and just about all the top guys. It's really an incentive. I push onto greater depths in my training.

As far as have I ever performed any exercise that caused injuries? Yes, I have. I have tendonitis in both my knees and tendonitis in my right elbow. It's a chronic condition. I got that from not warming-up about eight years ago during some dumbbell presses. Other than that I've had no real serious injuries.

I think that most of the bodybuilders, the mistake that they make is in locking out. I don't think that bodybuilders should lock out in their presses and bench presses. I think you get better results from kind of giving a semi-continuous movement with 75% extension and non-lock out. This is better for continuous exertion on the tendons and ligaments.

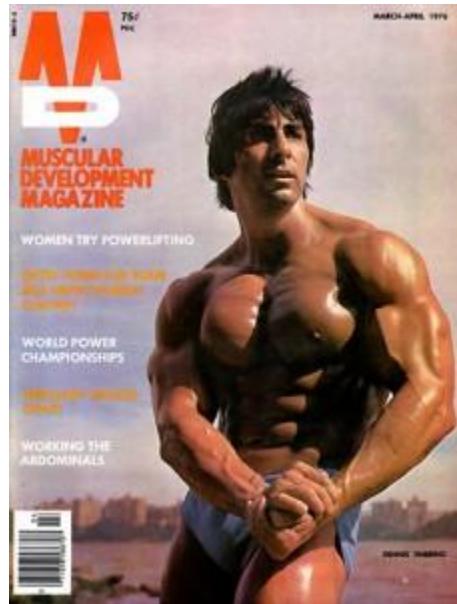
Do I go stale on certain exercises? Definitely. I definitely want to go stale on exercises. I believe they want you change the bodybuilding routine every two or three months, at least that, probably every two months. I think bodybuilders have a tendency to get stagnant and the reason for that is they just kind of follow the mold, but they don't stop to think and they realize there are a million-and-one exercises for each body...muscle group.

I'm a firm believer in utilizing all the various pieces of equipment. Occasionally I fool around with the nautilus equipment. It works the muscles just like barbells and dumbbells do. I think that it can't harm you. I don't think it can do you that much more good than barbells and dumbbells, the nautilus equipment, but it will definitely break-up the monotony and work the muscles from different angles.

I like using cables and I like using dumbbells more than anything else. I like doing pushups with weight on my back. I try to experiment. I try to work out as differently as possible. But generally, before a contest, I probably more than likely stick to the basics.

As far as the exercise principles that work best for me, I like fairly heavy movements with 6-8 reps, around 20 sets. Supers sets are good for maintaining a basic, all-around condition. But, prior to a contest I generally train fairly heavy, fairly heavy movements, 6-8 reps with cheat movements at the end. When I say 'cheat movements' I do a set of say 8 reps and then I have someone take off some weight and I try to squeeze out 6 more reps. I did this for the last Mr. Olympia contest and got very good muscle density, really helped me. I think a lot of bodybuilders should try this.

Which junk foods tend to smooth me out? Basically all of the synthetic sugars, ice cream, milk, cakes. It generally takes, depending...after a physique contest if I just junk-out, it takes about four weeks, but I don't really get that smooth. I just get a little subcutaneous fat around the mid-section. But generally it's amazing. I have a pretty amazing metabolism. I may be smooth around the gut, but I don't get that hanging waistline. I experimented once. I tried to really bulk up and go up to around 250 and I just couldn't do it and I ate like an animal. So, I guess that basically some people can be obese and other people can be obese to a certain point, but not be a pig.



As far as rest and sleep, I think bodybuilder probably get too much sleep. I spoke to some guys, I know that some get around ten hours of sleep or so a day. I personally need around six or seven hours sleep. I feel better on seven hours sleep. It occasionally catches up to me, but if you take maybe a half hour naps in between...during the day and afternoon, that seems to rebuild, rekindle my energy level.

As far as heavy training, bodybuilding being carried out while you're married, I've been married now for six years and it's been a burden on my marriage sometimes. But, generally just before a contest. But, the best thing that you have to do is you have to realize that you must get your workout in in proper time and you must...you definitely have to sacrifice something when you train. I generally sacrifice, you know, TV and some of my social activities. But, I really don't miss it because I'm doing something that I want to do. And bodybuilding is the only sport where when you help yourself you're helping someone else. What I mean of that is that by you looking good, other people want to look good. Therefore, they'll train and they'll watch their health and they'll be better also. And they buy my booklets and I can be getting paid for seminars and win

money in physique contests and I'll be bettering myself also. So, bodybuilding is a sport where when you help someone, you're also helping yourself. It's of tremendous importance, it's my life.

I think some bodybuilders are just losers to begin with, that's why their managers don't last and that's why they don't want to work and hold down a full-time job. They're just losers. They just want to be transits. I think some of the fellows use bodybuilding as an excuse. They want to find themselves. Well, I did both. I traveled all over the world three or four times and I won Mr. America and Mr. Universe at 21-years-of-age. I got to do everything.

What I would do is if I had a competition, I could generally schedule it so I had a vacation or leave of absence set up sometime. Where there's a will there's a way. You can definitely do anything you want to do if you want to do it. The thoughts that you think nourish your mind. If you believe it, you will definitely win.

Bodybuilders should try to realize this. I try to live a well-rounded life. I remember there was a period of time when I was 18 or 19 and I just trained and went to school and ate and everything. It was fine and all, but there was still something missing. You just can't put all your eggs in one basket. Even though bodybuilding is becoming so competitive now days, you still can lead a pretty well-rounded life. There's only so much time you need in the gym to build a body.

Going on to the next question. Do I take-in much liquid during workouts? Well, when I was real young and I wanted to gain weight, I used to fix myself a protein malt in a blender and I used to sip that during my workout. That was very, very helpful. Now, I don't do that anymore because I generally maintain a certain weight and I usually go up in that weight during...prior to competition. I generally drink about a gallon of distilled water or a couple of quarts of distilled water during a workout. That's really not that cold, it's pretty luke-warm. And sometimes I'll drink some juices. Maybe I'll have a piece of fruit about an hour before a workout or some raisons. That generally helps me to bring up the energy for my workout.

Going on to the next question. Have I ever gotten ill to the point where I had to terminate training? Well, I had a fractured collar bone once in an automobile accident when I was about 17, 18. I had to lay-off a couple of months.

What I generally did was I just started training very light. I didn't worry about the weight. I just would go into the gym and do five or six or ten or twenty different exercises just to get a couple of sets in of each, just to make the muscles work from all around different angles and not really try to worry about getting a set workout in. I think a lot of bodybuilders pay too much attention to that. You can have more fun sometimes going into a gym... sometimes I'll go into a gym when I'm bored and just do bench

presses for two hours. You'll work all the muscles and the whole key to success is consistency anyways. So, I really wouldn't... I don't think that bodybuilders have to worry about it if they don't feel like getting their 20 sets of whatever reps and whatever exercise they have planned. I mean, let your bio-rhythm system be the judge of that.

As far as bodybuilder entering his first contest, now days I wouldn't recommend that. I think a lot of bodybuilders will be better off bodybuilding just for themselves as far as bodybuilding for physique competition. It's a tough life and there's probably a lot of other sports that one can go into that would be more beneficial financially and emotionally. I think a lot of fellows are...after the various contests, find out they get very little out of it mainly because there's so much competition.

Some of the fellows now days who compete in a simple contest like Mr. Venice Beach, which has really no meaning other than to put a trophy on your mantel piece and a little self satisfaction, have sacrificed their jobs and trained hours, days, weeks, taken steroids, have lived in the doctor's office just to win a foolish contest. Well, that's really egocentric. It's a shame it has to be that way and it's pretty hard for an up and coming bodybuilder to compete against guys who would self destruct their own system just to win a damn contest. So, it's really, really quite hard for up and coming bodybuilders to enter.

But, as far as tips for the guy just entering, well, just try to be really critical of yourself, have your buddies get someone who is an authority on the sport to give you pointers on your posing. Have constructive criticism regarding the way you look and the way our outcome of the contest was. Just look at your first physique contest as a building block. Not everyone can win.

Move on to the next question. As far as muscle magazines, I think probably Ironman and Muscle Builder and generally the other magazines encourage me quite a bit to train to greater heights. As far as magazines now, I generally don't read much of them...of the magazines. I like Ironman to a certain extent. But, mostly over the top muscle magazines generally contain a lot of bullshit, which we know is not the way it is and the way bodybuilders train. But, it's like anything else. If you want to get ahead in certain competitions, you have to sacrifice your ideas to a certain extent. Some bodybuilders do it, some don't.

I try to read more books on nutrition and like Let's Live and Carlton Frederick's magazines and just...I spend more time reading magazines on general health publications than I do on bodybuilding magazines. I generally read the bodybuilding magazines more so before a competition when you see...so I can see what the other guys look like and get a little bit more incentive. I think a lot of guys pay too much

attention to the magazines and too much to what is really said in the magazine. What they should do it look at it for what it's worth and that is a catalogue to sell products.

As far as my favorite muscle mag, I would definitely say Ironman and Muscle Builder are probably my best mags. I like the English magazine because it's a little different and you get to see what's going on in another part of the world.

It says, "Do you think drugs are necessary for success in bodybuilding?" Well, I think that question will probably be twofold. I don't think drugs are necessary for success in bodybuilding if you're bodybuilding just for bodybuilding itself. I think drugs, to a certain extent, are necessary if you want to compete in physique contests. I think a lot of people, they should point that out that physique competition is not bodybuilding. Physique competition is displaying a physique and bodybuilding is bodybuilding.

Physique competition now days, a lot of the physique fellows really are not considered with health. They just want to look good for that moment up on stage and some of them remind me as daredevils, like Evel Knievel types where they would sacrifice anything just to win. And that's basically what they're doing. They are Evel Knievel types because they are jeopardizing their health, maybe not now, maybe in the future. Who can say? Maybe the drugs are doing the fellows good. I don't know. I'm not a chemist. I try to read and understand as best as possible. I wish I did have the answer for that. I think that you can do without. \

I won Mr. America and Mr. Universe title twice and recently natural without taking drugs, though. I was competing against various top bodybuilders and I lost quite a few of the top Mr. Universe contests in the last couple of years because I was competing against fellows who admittedly took steroids... Well, I knew that they were. I knew if I was to take them that I would probably beat these guys or be equally as good. But, it really wasn't that important to me. The important thing was doing for myself and making the gains that I could make on my own without the steroids.

As far as winning the top titles without the drugs, I don't think it's really that...I don't think it's that possible. I think that you definitely should have to take some of the drugs to be 100% at your best. This is something that I would have to consider in the near future, since I have had a hard time competing against some of the drug users. The drugs definitely give you a certain advantage as far as a percentage, I'm probably say 25% to the average guy and 100% to the unaverage guy. Some guys take drugs and just make a tremendous amount of gain, other guys take drugs and don't gain that much at all.

It just seems the fellows who gain the most are the ones who lose the most from the drugs. What I mean is that some of the fellows who gain 30 pounds on the drugs generally lose 30 pounds just as fast. So, what's the sense of it all? It's really just part

of show biz. It's a short-lived type of thing and it's a crowd-pleasing type of physique. That's what I basically call it.

It will probably get worse and thank God there are some doctors in the field who do try to help the bodybuilders who are on drugs. I think some of the doctors mean well when they supervise the bodybuilders. But, the bodybuilders are their own worst enemies. They believe that a lot is good and that too much is not enough. Well, there is a point of diminishing returns, so eventually some of these bodybuilders experiment on their own and that's when they have the ill effects.

As far as the next question, maintaining a positive family relationship when engaged in heavy training for a top contest. Well, you have to have very considerate wife and you must try to be very disciplined and regimented prior to the contest. You must try to plan out your time during the day. There really isn't much time for anything else after working eight or nine hours a day and training. So, you must be happy for that life to a certain extent. Your wife or your girlfriend or whatever, must be willing to sacrifice with you. So, she really is becoming part of your plans. So, it's really a two person victory when you do win.

As far as my plans for bodybuilding, well, I'd like to win the Mr. Olympia contest and possibly one or two other top physique contests and when I reach that stage then I'll decide exactly what I would like to do then. But, that's what I have in the future. I will be in the Mr. Olympia contest this year and I guarantee that I'll be in the best possible shape that I've ever been in. I think after 15 years of training, I should know my body by now and I'm just going to put it all together and we'll let the judges decide if there is such a thing.

Oh, how would I characterize the real secrets of bodybuilding success? Well, how do you win the big ones while other physique contestants never do? It's just like you said, consistence, consistency, heredity. Basically, that's what it is, a never ending drive to want to excel and to feel that... It's just generally good overall chemistry combined with knowing your body, experimenting and God's good gift of easy gains.

As far as bodybuilding, what does the future hold for bodybuilders in competition? I think in probably the next couple of years it's going to be equally as well-known as baseball or football or bowling at least. Bodybuilders will be able to make...the top ten bodybuilders right now are making a good enough living to get by and I think in the future the top ten bodybuilders will make a living just as equal as some of the sport heroes are making. It's really come a long way and I think we're finally breaking out of the primitive stage of adolescence that it was in.

As far as any beliefs regarding the sport of bodybuilding changed over the past year, the path of you during the rest of your career. Well, I think it's basically about the

same. I don't think it really has changed in the last ten years, let's say. I think nutrition, bodybuilders pay more attention to nutrition. It's changed to the point where everybody's taking drugs, but there wasn't much of that when I won Mr. American and Mr. Universe.

As far as new equipment, the nautilus has been around, but big deal. I mean, it's good, but it's just another way of doing an arm curl. That's basically about it as far as I can see.

As far as have any individuals had a particular influence on my bodybuilding career? Bill Pearl has helped me at a very influential stage of my youth. Joe Bender has helped me. My father has probably been the greatest help. My good friends continuously helping me right now. Peters helping me, Doug Beaver's helping me. I've gotten hundreds of letters from people all over the country regarding my not doing so well at the Mr. Olympia contest. This has encouraged me to be even bigger and better at the up and coming contest. I didn't realize I was that popular. I'm not trying to eccentric or anything. I think I passed that stage. I just do it for myself and try to help the guys that are up and coming. That's where I get my most satisfaction from. They've helped me quite a bit. I think Bill Pearl is probably the greatest physique training coach that's ever been around. He's the grandfather of bodybuilding.

In my off season I generally work my weak points. I like to super set. I train as fast as possible. I really don't do that much. I generally train between an hour and an hour and a half. I don't think you need any more than that.

I don't feel that you have to train that hard all year around. I did for a long period of time and I think that's probably one of the reasons why I got a lot of injuries. I generally perform three exercises a body part, sometimes four, but three should be enough. I think the average guy should analyze what he needs. If he needs more bulk, well you only need one or two exercises. If he's looking to get more shape and definition, then he needs more exercises. They should stop to evaluate and see what they need and that will generally judge how many exercises they should do per body part. On the off season I generally don't train that hard because I'm leery of injuries.

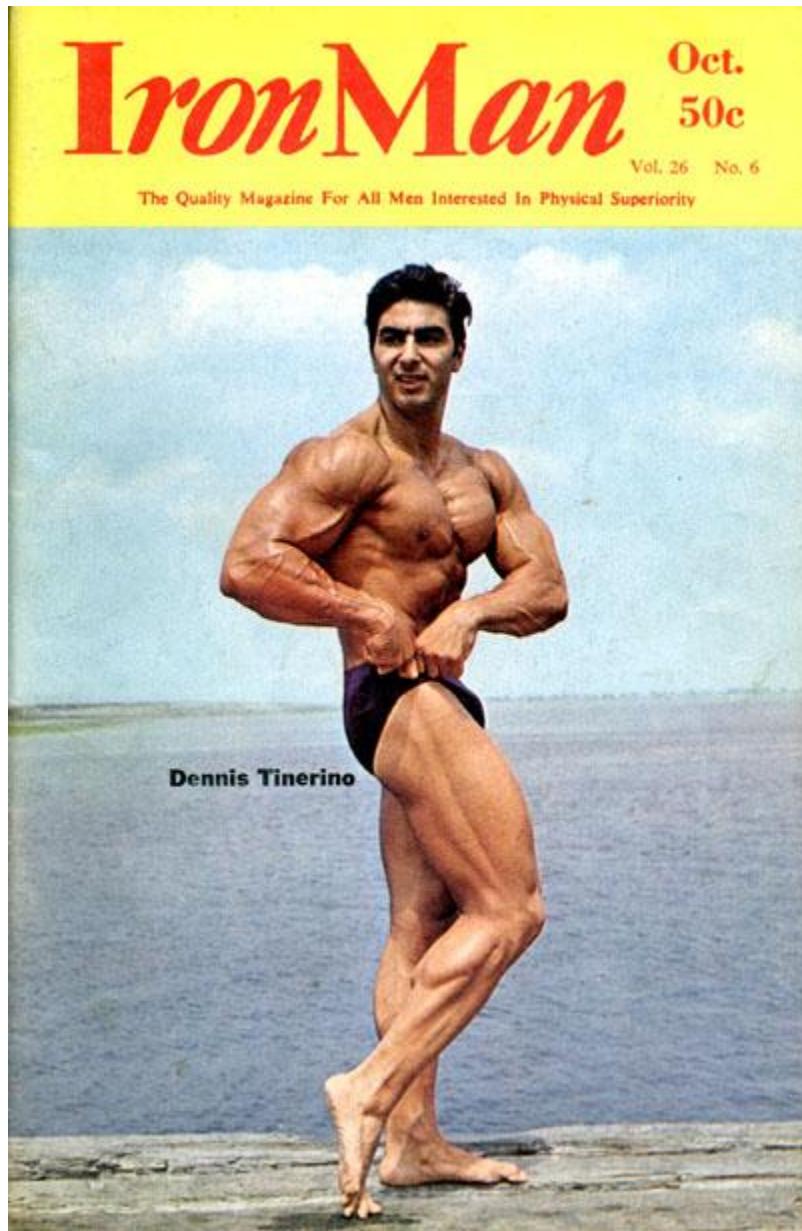
As far as the type of workout schedule, I have it written down on this sheet of paper.

How long does each workout period last? Generally about an hour, hour and a half. Before a contest, about two hours and then generally a half hour in the evening. The half hour in the evening will generally consist of working my calves again, my abdominals. I do about 1,500 reps for my abdominals. And my serratus and showy muscles. I recently have been working that way for the last contest and it seems to help.

My body weight generally stays about 210. I weigh anywhere from 215 to 220 in a contest. So, I guess it stays about the same, maybe fluctuates five or ten pounds.

Do I have any difficulties gaining or losing weight? Well, I have...my one difficult is gaining weight on muscular weight. But, generally I can put on or lose weight at will.

Do I have thick skin or thin skin? I have a fast metabolism. I think I would call thin skin.



As far as bulking-up, I don't think it's necessary. I think there are too many bodybuilders use bulking-up for an excuse to be pigs and to get out of shape. I haven't seen any fellow who bulked-up that when he trimmed down really made that much

progress. I think what they should do it just follow a good round of diet. Fellows who bulk-up usually are slow gainers. And what they should do it just realize that and train twice as hard and be twice as disciplined to make good gains and do more strict movements and do less cheating movements. A lot of fellows who tend to bulk up easy do a lot of cheating movements and they don't make any gains by it. They should do more strict and more shaping movements to maintain development.

I don't think a bodybuilder should go more than ten pounds over contest weight.

As far as the accent or bulk training. it should be on the area of the body that needs the development. So, fellows that are lacking arm development should concentrate on that and vice versa, the pecs, the shoulders, the back, whatever it may be.

If you're trying to gain weight, I don't think you need more than four hours...four or five hours a week, four days a week. I'd say generally around two exercises a body part. The best bulk-up program that one should do is probably do say for your chest, say benches and heavy barbell or dumbbell inclines or heavy dips. For your legs, heavy squats and heavy hacks. For your back, heavy barbell rows and heavy lat machine pull-downs. For your shoulders, heavy presses and heavy dumbbell movements.

Generally in my off season I just take a couple of packets of the stress vitamins, about 125 milligrams of your Bs, a couple thousand time-release Cs and all your key related minerals and a little bit of enzymes. In the off season I take about 50 liver tablets to 200 prior to a contest.

Generally in the off season I'm in fairly good contest shape, depending on how I've been training and depending on my mental attitude. It generally takes me no more than six weeks to whip into pretty good shape. That would generally consist of watching my diet and getting a lot of sun and speeding up my training program.

I generally train all year long. I don't really lay-off that much between contests. I generally work the muscles that I find are lagging behind in the off season. That's currently what I'm doing right now.

How many days will I specialize on a lagging body part? About three. I specialize about an hour and a half.

Do you ever work a body part more than once per day? I tried this. I worked a couple of body parts twice a day, twice a week and I lost size. It doesn't seem to work for me. Some fellows it works for. Generally the fellows it works for are the fellows who want to cut up and were on steroids. But, it doesn't work for me.

Do I place specialization work at the beginning or the end of your workout? At the beginning.

It really doesn't matter when you perform it. You can perform it at the end, but I think it's best to perform it at the beginning so you put as much as possible into each exercise. You must concentrate from the beginning to end of each movement to get the best results.

Well, how many weeks/months do you allow yourself to bring the lagging body part up to par by specialization? Well, sometimes it might takes years. You just keep bombing it until it finally comes up. You've got to work the muscle so hard it has no choice but to grow.

I normally use about three exercises for each body part.

As far as the three specialization routines for various body parts, I have it written down.

The routine I have written down is to increase the...putting more size on that particular body area.

Generally when a contest is coming close, a physique contest, I generally..takes about three months to go on a cut-up routine. I allow myself more time. Some of the fellows just cut-up for six weeks, but I would rather start out sooner to give myself enough time to be ready so I don't come in too...

Dennis, turning over the next side of the tape. It seems I've already used up part of the tape.

If I sound a little horse or anything, I have a slight head cold this week. It's been one of those crazy winter days in rainy southern California.

As far as getting ready for a contest, what I generally do, to be honest with you, Dennis, I never really get that much out of shape. I train all year round most of the time. I generally watch what I eat. I go off my diet maybe once or twice a week. I have a very good metabolism. I used to eat a lot of junk food, I used to eat a lot of Italian food and other various types of food, but I don't anymore. I generally watch what I eat. I don't eat that much red meat in the off season. I find that this helps me maintain fairly good size and condition. I've been doing this stuff for so long it's fairly easy to maintain.

What I generally do is I generally start cutting out little by little, start cutting out the breads the vegetables or fruit until I get down to about 15 grams of carbos. And then a couple of days before the contest I just take quite a bit of carbos, fruits, generally a lot of fruits, fruit juices. I take form of glucola, it's called Glucola, prior to...a day or so before a contest and it helps me to blow-up. It gives me quite a bit of pump in the flesh.

As far as the exercise pattern that you follow day to day, I have it written down and I think it's pretty intensive. Generally what I do, I don't vary my routine that much. I vary the exercises, but the amount of sets stay about the same and the reps stay about the same. I know this works for me and I'm making continuous gains and I've gone off it and didn't seem to work. What I'll do is I'll vary my exercises, but generally I keep around the same sets and reps. I have it written down here, Dennis.

The next one is show any necessary changes that you may make from month to month relating to the various exercise patterns and the ways that you increase the intensity. Well, generally what I try to do is I try to train as fast and as heavy as possible. That's probably...well, increase the intensity and I try to perform as much mental concentration into each exercise. I think it's very, very important, especially before a contest. You must pay attention to what you're doing if you want to make good, thick, muscular gains. It definitely helps. I definitely believe that.

What do you use as a guide to gauge overall development. Criticism from various people. Top physique stars like Bill Pearl, my good buddy Tony Pandolfo. My wife is my best critic and generally in the mirror, I know what I need. I'm not fooling myself anymore. I think too many bodybuilders fool themselves. You have to be very critical to be a winner. Frank Zane is a fine example of this. He's put it all together for what he has and the type of physique that he has. He's a real credit to the sport.

Do I find value in having a training partner? Without a doubt, I definitely do. Bodybuilders tend to be lazy. They tend to want to do other things and there's always an outside stimuli. It definitely is important to have a training partner.

I do try to do each exercise as fast as possible. If I'm training a little bit heavy, I try not to rest more than a rest between sets, but training heavy, there's really nothing you can do as far as the rest period.

How do I gauge my workout? Tempo, by my energy level, the mood that I'm in and generally the way I feel.

As far as a proper mental attitude, it's very important especially prior to a contest. You must think only about yourself, only a winning, only of the way you're going to look on stage. You must see yourself up there winning, posing, looking better, doing the best you can and being victorious. When you have a proper mental attitude, you will be

a winner. You will be successful. But, you can still be a gentleman while you're doing this.

As far as concentration, I think it's very, very important. A bodybuilder should definitely concentrate and if you don't, you're going to get injuries.

I generally select a posing routine about a month before. This year I'll probably specialize a little bit more in my presentation. Various people told me my presentation could have been a little bit more spectacular this year. It will be a little bit more spectacular, as I hope my physique will be also. I generally perform my posing routine after a workout.

As far as my best hour of the day for training, it's mid afternoon.

I'm going to skip over some of these questions, Dennis, because I think I've already written them down. But, the ones I want to elaborate on, I'll just elaborate on.

As far as prior to a contest, I generally lay-off two or three days prior to the meet. If you don't have it by then, forget it. You're never going to have it.

Let's go on to the next ones.

Do I pump-up before posing? Generally there's not that much backstage to use. I just do some pushups or some dips or some curls, just enough to get a good flush and bring the vascularity out. I generally take some niacin pills, maybe four or five milligrams of niacin before I pump-up and sometimes I drink a Coke or a bottle of Glucola or some fruit.

Sometimes I take a lay-off depending on the way I feel. Generally I slack-off a little bit because I think that the body can only stand so much stress on it. A low carbohydrate diet, I think, is a very unhealthy diet and that's not that good to be on it that long.

As far as a physique contestant, what he should do when he retires. He should definitely eat less, train a little faster, do some running and some cardiovascular movements and try to train for his own self-satisfaction.

I guess I've gone over just about everything, Dennis. I can't think of anything that I've missed. I'm going over it right now as I talk to you. Pete Sandler's right next to me. He's eating a protein malt, which consists of a milk and egg protein with a low safflower a lemon extract and some strawberries with ice in it. He's pouring me one right now. It tastes great. Mmm.

I generally take a protein malt in the off season in between meals. To give you a general diet that I follow in the off season, I'll eat breakfast which will be four or five

poached eggs or any other form of eggs from an omelet to scrambled or whatever I feel like at the time. If I eat any kind of red meat it will be in the morning. And later on I'll have a malt, maybe two hours later. And then for lunch I'll have some kind of...maybe a tuna salad or a couple of pieces of chicken or something to that effect. And then after that, maybe I'll have some fish, maybe a pound of fish with some vegetables and some fruit and things. Then after that maybe I'll eat some turkey. It doesn't really vary that much. I think bodybuilders should definitely watch what they eat, even in the off season. Some of the bodybuilders tend to get too heavy. I don't think that getting that heavy is really going to make them gain that much.



I think we covered just about everything in the article here. I hope that you have enough to have a good article. I'm sure that you will. If there's anything that you think I should have elaborated on and missed, well, you can call me at 213-373-8542 and I'll be more than happy to answer any of your questions. Judging from your letterhead and you sending the tape, I can see that you're a professional at what you do and I wish you much success. I will...recommend various people to you along with Pete and the name of the game is helping each other. I think bodybuilders have been to vicious in the past and try to collar the market. There's enough to go around for everyone and we must work together. And by working together we will make the sport a better sport than what it is and what it can be.

I'm trying to think what other points I can stress. Some of the points...well, the thing that really bugs Pete and I, we were just discussing it, discussing this is that all these up and coming young fellows who just train in the gym or just read the muscle magazines, all they want to do is just take drugs. There's really no need for this if they want to take drugs and they should put at least five years in and then go to a doctor and only take it for short periods of time.

One second, Dennis. I have a phone call. I'm trying to find the stop button here.

Well, Dennis, I just finished with my phone call. I guess that probably concludes the interview. Like I said once before, if I missed anything at all, be free to call me up. You can say in the article that I am coming out with a complete new line of booklets. It will be the Dennis Natural Way to Physical Fitness and Development. I have various booklets on all the body parts.

My PO Box is Dennis Tinnerino, PO Box 299 Northridge, California. That's about it. I am trying to find a good composite shot and I'll have Italian Stallion t-shirt which will have a logo on it also. I just got off...lost my train of thought. But, that's about it. Thank you very much and give me a call.

#### **About The Interviewer Dennis B. Weis, a.k.a. Yukon Hercules**

**Official Web site:** <http://www.dennisbweis.com>

Dennis B. Weis is a Ketchikan, Alaska-based power/bodybuilder. He is a hard-hitting, uncompromising freelance professional writer and investigative research consultant in the fields of bodybuilding, nutrition, physiology, and powerlifting.

Dennis was first published over two decades ago (1976) in the pages of Iron Man magazine. Since that time he has become known to almost every mainstream bodybuilding/physique magazine's readership throughout the United States and Europe. The magazines that publish his articles include and are not limited to Bodybuilding Monthly (U.K. publication), Exercise For Men Only, Hardgainer (Nicosia, Cyprus, publication), Iron Man, Muscle & Fitness, Muscle Mag Int'l, and Natural Bodybuilding & Fitness.

You have undoubtedly read dozens of his 100+ feature-length articles in many of the popular worldwide magazines -- under his own name and under the names of certain top physique stars and powerlifting personalities.

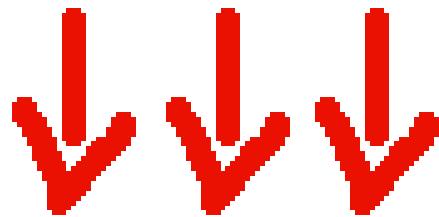
The credentials of this prolific writer extend beyond the scope of just writing articles, for he is the author of three critically acclaimed best-selling books: Mass! (1986), Raw Muscle (1989), and his newest release, Anabolic Muscle Mass: The Secrets of Anabolic Reinforcement Without Steroids.

In recognition of his writing accomplishments, he has received Meritorious Service Awards relating to all published works as a magazine consultant and published book author. In addition to these honors, he has performed Barnes & Noble and Waldenbooks autograph parties and window displays for his books. He has also been a featured guest on various radio talk shows around the country, where he shares his knowledge and experience

regarding such issues as bodybuilding and the super-fitness lifestyle.

During the past two decades he has established a small but dynamic one-man business to service male and female bodybuilders, fitness buffs, and powerlifting enthusiasts of all types with very personal (one to one or mail order), and highly professional instruction on all phases of physical excellence.

He has coached literally hundreds of select clients, one of the most notable being a personal training advisor to the 1983 Miss Minnesota winner. One of the training tools he uses as a personal trainer is the revolutionary and famous Samra R.E.S.T. principle.



**"Weight Lifters: Here's How To Secretly Get Advice From  
A Guy Who Is a Master At Gaining Muscle and Strength...  
And Learn ALL of His Training And Nutrition Secrets...  
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An advertisement for the Muscle Building Club. The main title "MUSCLE BUILDING CLUB" is displayed in large, bold, white letters with a black shadow effect. Below it, the tagline "Leading authority on muscle building tips &amp; strategies" is written in a smaller, yellow font. To the right of the text, there is a photograph of a muscular man's torso, showing his well-defined abdominal muscles.