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SHOSHANA TREICHEL

AND HER LONG STRANGE TRIP

By Marty Gallagher

*Bodybuilding Champion,
mother, Alaskan gym owner
and so much more...*

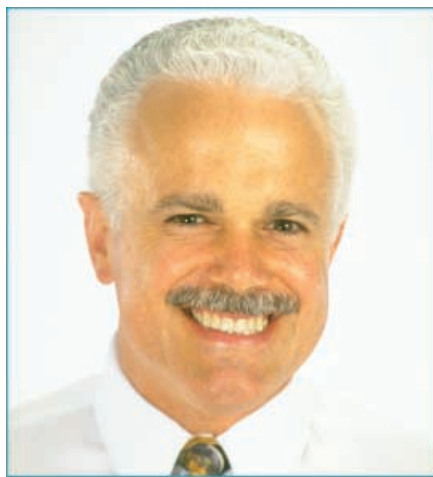
Some people cram so much living into life that even the unembellished retelling makes your head spin. Most people shy away from life, they play it safe, take the path of least resistance and at the end of the road look back wishing they'd done this or tried that. Shoshana Treichel has grabbed life by the throat and shook it hard; she has wrung every drop of excitement, heart break, adventure and contentment from life so far and her tale is far from finished. Retelling her saga makes the head spin. Let us begin at the beginning. "I was born Shoshana Rosenblatt in Rapid City, South Dakota. My father was a civil engineer and my formative years were spent growing up in Santa Maria, California. In high school we moved to England." This abrupt change broadened Shoshana's experience base and her newly discovered wanderlust took her in rapid succession to Holland, Germany and finally Spain, where she lived for a year and a

Photo by Bill Comstock

half. Things just kept accelerating. “My parents and I moved to Tel Aviv when my father took a position with the American Embassy. I relocated and attended Tel Aviv University.” Always an extrovert, Shoshana had been involved in arts and the theatre in particular. She was blessed with a superb singing voice and took to vocal-related endeavors with ease and aplomb. Talented and extroverted she applied to the most exclusive theater company in the United States: the New York Theatre Institute. Lee Strasburg was the founder and had been instrumental in the careers of Marlon Brando, Robert DeNiro and Al Pacino. Strasburg himself appeared as aging gangster Myer Lansky in *Godfather Part II*. Shoshana applied and on the strength of a video tape was summoned to New York for a formal audition.

You didn’t just apply, plop down your money and start classes at this super-exclusive school; acceptance was predicated on passing a grueling, nerve-wracking audition process. Shoshana was shocked to discover that not only would the Guru of American acting coaches, Lee Strasburg, judge her at the audition but a special celebrity guest judge would be critiquing her as well: Sir John Gielgood. Along with Sir Lawrence Olivier, Sir John was the greatest living English stage actor. This audition would make the finals of *American Idol* look like a cakewalk. Pulling out all the stops, Shoshana dazzled the panel and was accepted. This was a very big deal as thousands of applicants apply but only a select

few are actually accepted. “I returned to the United States from Israel in 1985 after being accepted into the Theatre Institute. I was a musical stage actress and had aspirations of appearing in Broadway musicals.” A life altering experience occurred in 1986. Shoshana had been in New York less than three months when she was mugged by a roving street gang. “I was young and carefree in New York when one evening I was at-



“I wanted to compete as a bodybuilder and vowed that one day I would train with John Parrillo.”

tacked by a gang and it really sent me spinning physically and psychologically.” The traumatic event destroyed her theater career but the injury recuperation process exposed her to the world of health and fitness. “One of my colleagues at the Paris Health Club on the Upper West Side of Manhattan told me about the power of lifting weights. After much hemming and hawing, I decided to accompany him to Better Bodies, a small Lower

East Side gym where local celebrities like Gladys Portuguese (later to marry Jean Claude Van Dame) and Vanessa Del Rio trained.”

Better Bodies was a hot bed of bodybuilding back in the eighties and everyone who was anyone made the pilgrimage to Brian Moss’ urban fitness oasis when in the Big Apple. Shoshana started off weak and broken. “In my first workout a 45-pound empty bar caused me to struggle in the bench press.” She pushed through the pain and persevered. After a few weeks the process took hold and mentally and psychologically something clicked inside her. “I intuitively knew that fitness and bodybuilding would be an integral part of my life from this point forward.” Another fortuitous event occurred when she was channel surfing one afternoon and stopped to watch as an amazingly built woman go through a weight workout directed by a demanding trainer. “I was newly exposed to the world of bodybuilding and hungry to learn what ever I could...lo and behold as I was flipping through the channels I stopped when a well known female bodybuilder, Diane Garrity, appeared. I watched intently as she was put through a super tough workout by her TV trainer – John Parrillo. Later on I met Gladys Portuguese at Better Bodies. We hit it off and began training together. I then had my first exposure to Parrillo methodology and took to it immediately. I knew from my acting and singing how hard serious people work in order to excel and I instinctively knew the Parrillo approach was the one for me. John insisted on hard work



In 2000 she realized another dream when she opened Shoshana's Gym in Kodiak, Alaska. "I stocked my racks with Parrillo products and began another chapter in my life."

and strict, disciplined adherence to nutrition. This struck a resonant chord in me and confirmed what I had learned in theatre: to really excel you have to work really hard. I wanted to compete as a bodybuilder and vowed that one day I would train with John Parrillo."

Her theatrical career, derailed by the attack and delayed by the extended recuperative period, was put on permanent hold when she met and married Harry Cotler. He was a podiatrist and the newlyweds moved to Florida. "I immersed myself in the fitness industry. I was going to become a fitness professional and began taking classes and obtaining certifications right and left. Before my Florida relocation,

I fulfilled one long standing dream when I competed in the Atlantic States Bodybuilding Championships and came in 5th place in 1987." Shoshana's acting background and ability to project personality was apparent. The judges told her she had "a hell of a lot of stage presence but needed more muscle maturity." Taking up where she left off in Manhattan, she jumped feet first into the red hot Florida bodybuilding scene. Shoshana quickly linked up with bodybuilding heavy hitters such as John Defendis, Joanne McCartney, Penny Price and Mike Quinn. "I trained hard and won the novice class at the Florida State Bodybuilding Championships in 1988. I placed high in the Southern States

in 1989." Shoshana became pregnant after the Southern States and took some time off. "I did not hit the stage again until I flew to California to do the Natural Universe in 1991 where I finished 2nd." She established herself as one of the top up-and-coming talents on the Florida bodybuilding scene and even trained the Miami Dolphins for a short while. Shoshana had no sooner gotten settled and situated then a series of disasters befell her in quick succession.

"We lost our house in the aftermath of Hurricane Andrew. I was pregnant at the time and lost my child. Our new house and my husband's practice were gone and I was devastated." Tore down on a multitude of fronts, Shoshana decided to move far away from Florida. Her choice was as unusual as her unpredictable personality. "After the succession of awful experiences I felt I could no longer live in Florida: we decided to explore the possibility of moving to Alaska. My husband was presented with an opportunity to start a new practice on Alaska's Kenai Peninsula." Shoshana traveled north with an open mind regarding permanent relocation. "To my way of thinking Alaska was a land of opportunity. My first stop was Gold's Gym in Anchorage, owned by Lindsay Knight. He and I hit it off. I loved the rugged beauty of the landscape and we decided to relocate. My husband established a new practice and I got into the gym business. That was 1993." Shoshana moved to Kenai and traveled to Anchorage to work. Call it fate or irony or ironic fate, "Lindsay

Knight, it turned out, was a great friend of John Parrillo and John visited Alaska each year to judge in bodybuilding competitions and lead seminars put on by Lindsay.” After nearly a decade of following Parrillo methods and using Parrillo products, Shoshana met John and Dominique Parrillo for the first time. “As soon as John and Dominique walked through the door I literally leapt with glee. It was thrilling. I had dreamed of being trained by the guru for seven years. We all went to dinner and I got to know both of them on a personal level. Later I went to his bodybuilding judging clinic and was a participant in his extensive, comprehensive training seminar.”

Though Shoshana thrived in Alaska, not everything was peaches and cream. “In 1996 I divorced my husband and became the primary care giver to my daughter. I had to come up with a way to be financially independent.” Shoshana explored the possibilities of opening her own fitness facility and all the while continued to expand her knowledge base. Her pure brain power led her to be accepted into an advanced course at the nation’s most prestigious institute for higher learning: Harvard University. “In 1999 I was accepted into the graduate program in Medical Stress Reduction through Exercise and Nutrition at Harvard University in Cambridge, Massachusetts. It took six months to complete my studies. The entire time I could not wait to return to the rugged wilds of Alaska.” All the time she had been in the Kenai she had been competing in bodybuilding



“I have an endorsement contract with the auto make Hummer and they provide me with the newest 2005 H2.”

competitions. “I competed and guest posed in numerous contests and jumped at an opportunity to perform at the “Mr. Israel” bodybuilding championships on Kibbutz Afiq in 1998.” In 2000 she realized another dream when she opened Shoshana’s Gym in Kodiak, Alaska. “I stocked my racks with Parrillo products and began another chapter in my life. I decided on a new goal: I would compete in the master’s division of a national level bodybuilding show.” By the year 2002 her gym was a financial success and she was in love again with a new man. “I began a wonderful relationship with my future husband Jake Treichel.” Jake was a coast guard helicopter mechanic, certified rescue diver and an excellent athlete. “Jake and I first met when he hired me to train and prepare his nutritional schedule for the Anchorage

regional bodybuilding championships. He not only won his weight division – he won me!”

She decided to get serious about her bodybuilding career. “I wanted to take my physique to the next level so I arranged to have one of my good friends from Gold’s Gym in Anchorage come and run my gym. This allowed me to fly to Cincinnati and train with John.” She made the best of her extended visit and returned home with a detailed game plan, a whole batch of new exercise techniques and a brand new nutritional approach that she and John had hatched. Shoshanna felt certain her customized Parrillo approach would allow her to physically exceed everything she had achieved to this point. After a year of putting ‘the plan’ into action, it was time to pull the trigger. In 2004 Shoshana placed high in three con-

secutive shows: in August of 2004 she took 1st in the open and master's division of the Pacific Northwest bodybuilding championships. In September at the Border States NPC championships she took 5th in the open division and in October she flew to San Francisco and took 2nd in the city bodybuilding championships. Nineteen years after seeing Diane Garrity on TV she felt as if she had actualized her physical potential. "I am currently working hard getting ready for the NPC National Master Bodybuilding Championships that will be held this summer in Pittsburgh." Her approach is, "straight Parrillo!"

Shoshanna is active on a multitude of fronts: "Currently I teach weight training and physical education at Kodiak College and find teaching to be extremely gratifying and rewarding." Extremely civic-minded, Shoshanna runs the powerlifting portion of local Special Olympics Program and has done so for the past eleven years. "I love working with children and some of my Special Olympic powerlifters are amazingly strong!" She has become a high profile local celebrity. "I have an endorsement contract with the auto make Hummer and they provide me with the newest 2005 H2." Educator, top master's bodybuilding competitor, Alaskan fitness guru, mother and extrovert extraordinaire, Shoshanna Treichel's long strange trip seems to be settling into her own unique version of normality – but normal by her standards is head spinning for the rest of the world!

TRAINING SPLIT

"I generally perform four sets per exercise after I have taken a warm up set or two. I keep my repetitions in around 12-reps per set and as I get closer to a show, I will add "drop sets" on the final set of each exercise." A drop set involves stripping poundage immediately upon secession of the last set of a particular exercise. If for example, Shoshanna finishes her forth set of seated dumbbell curls with a pair of 35-pound bells she would immediately pick up a pre-positioned pair of 30's and begin repping. When she fails with the 30's she picks up a pair of 25 or 20-pound dumbbells and reps to failure on a third and final drop-set.

Day 1

Chest: incline DB press, flat bench press, flat dumbbell flies, decline flies, pullovers

Day 2

Back: pull-ups, seated rows, lat pulldowns, bent over rows, wide grip pulldowns to front

Day 3

Legs: leg press/leg extension super-set (SS), squats, lunges

Day 4

Shoulders: lateral raise, front raise, shoulder press, bent over lateral raise

Hamstrings: lying leg curl, stiff legged dead lift, standing leg curl

Day 5

Arms: Tri pressdown/cable bicep curl SS, preacher curl/skull crusher SS, DB curl/dips SS

Day 6 & 7 - off

Cardio: "I start a contest preparation phase performing 20 minutes of cardio 4-5 times a week. Each subsequent week I add 5 minutes to the session duration until I am up to 60-minutes. I then drop the duration down but increase the pace. About a month out from a contest, I switch to two 30-minute sessions; the first is done in the morning prior to my first meal. The second cardio session, also for 30-minutes, is performed after my evening weight training session."

NUTRITIONAL LOG

Meal 1: 7AM

1 cup cooked oatmeal with 2 scoops of Parrillo Hi-protein powder

Supplements: (taken with every meal) 2 Ultimate Aminos, 1 each Mineral Electrolyte™, Essential Vitamin™, Evening Primrose™ Formula, Advanced Lipotropic™, and Joint Formula™

Meal 2: 9AM

One Parrillo bar

Meal 3: 11AM

½ cup brown rice, 8 oz. chicken, turkey, ostrich, buffalo, salmon or halibut, salad

Meal 4: 1PM

Hi-protein™ shake

Meal 5: 3PM

2 cups steamed vegetables, ½ cup brown rice, fish, steak twice weekly

Meal 6: 6PM

Evening snack: Parrillo pudding

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A BODYBUILDER IS BORN

EPISODE XXXI: Bigger Isn't Better, Better is Better

Ron Harris -www.ronharrismuscle.com-



Schedules had not been meshing well lately between Randy and I. Him being a car salesman, and me being a parent in the year 2005 meant that we had very little free time. When I was a kid, keeping myself amused was my responsibility. Anything requiring money or me being driven anywhere was out of the question. As far as my mom and dad were concerned, I had food and a roof over my head, so their job was done. I recall desperately wanting to enroll in a local karate school, but my parents were too cheap to pay the ten dollars a month. Oh, how times have changed! We think nothing today of paying for any and all manner of classes, lessons, and sports after school and on weekends. Kids today are so busy they actually need palm pilots and little schedule books to keep all their activities straight. You can see them earnestly going over these on their cell phones while they try to coordinate meetings to trade Yu-gi-Oh cards.

“Tuesday? No good, I have CCD, then art class. Thursday? Ooh, boy, I’m totally booked – play practice, Tae Kwan Do, and don’t even mention Friday because that’s gymnastics from four to seven. We’re looking at middle of next week at the earliest. I’ll have to



“There will always be some who believe that bigger is always better.”



“To most people, shape and proportion are what make a great physique.”

get back to you on that.” I even had to make an appointment with my ten-year-old daughter’s assistant to tuck her into bed one night.

Yes, we have to keep our kids very busy because we can’t possibly let them play outside anymore. When I was a kid we would be gone for hours riding our bikes over into the next zip code, but now we fear that if we lose sight of Junior for two minutes he’ll wind up on the side of a milk carton. When I was a kid, milk cartons were just for drinking milk out of, and then we would stomp the cartons to send the remnants squirting across the floor and onto each other’s sneakers and pants, so the other guy would have to walk around with wet, sour-smelling feet until he got

home. Those were carefree, innocent times.

Randy and I barely met to train together anymore, as he worked out at six in the morning, an hour before I rolled out of bed to serve a sugar-packed breakfast to the kids. Sometimes I think it would just be easier to hook up an IV drip sending straight glucose into their bloodstream. But the New England was coming up in ten weeks, and he still needed a lot of work on his posing. Hitting shots between sets was one thing, nailing your quarter turns and finding exactly the right way to position yourself in the mandatory poses to highlight your strengths and draw attention from your flaws was quite another. So at least once a week,

usually around nine o’clock, we met for posing practice. As so often happens with first-time competitors, Randy was seriously considering bailing out of the show. And wouldn’t you know it, it was once again a matter of feeling too small. Women will ask, do I look like I’m getting fatter? Bodybuilders have the opposite concern. We are forever worried that we’re shrinking. I suppose eventually we would be battling ants over crumbs of food that fell from normal-sized humans’ mouths, and using matchsticks to build a little log cabin to live in.

“I’m already down to 199, what the hell!” he wailed, waiting for my sympathy. He should have known better. If he wanted nurturing, he should have had Oprah be his coach.

“Yeah, and look – you’re already showing a good six-pack, some serratus, and very respectable separation for ten weeks to go,” I pointed out. “Right on schedule to be in killer shape.”

“What am I going to be onstage, 185?” he desperately wailed.

“Maybe, so what?” he stopped posing for a minute to grab a quick drink and wipe his sweaty brow with a black gym towel that probably hadn’t been washed in quite some time. The dried white salt stains from his sweat reminded me a little of the Shroud of Turin.

“So that’s too small. I knew I should have waited until I was bigger to do a show.”



“Train for size, but only in the right places.”

“How big would you have to be, then, huh? 220? 260? 300 pounds ripped? Bigger is always better, right, is that what you think?” Randy shrugged.

“Look at Ronnie Coleman. He’s almost 300 pounds ripped, and he’s the best in the world,” Randy offered.

“Best in the world according to a few guys in blue blazers that judge the Mr. Olympia every year, sure. But if you asked a lot of fans which body they preferred, 300-pound Ronnie or smaller, more sculpted guys like Dexter Jackson, Darrem Charles, or Ahmed Haidar, you’d be surprised how many people don’t find the mass monster, ‘freakazoid’ look attractive.

Shawn Ray put it best in a recent conversation I had with him, the first time we had talked since the early Nineties, as a matter of fact. He took a lot of flak for not putting on much size in the thirteen years he competed as a pro, only about ten pounds. I ought to know, I was one of his critics. But in those thirteen years he was top five in the Mr. Olympia contest twelve times in a row, and was runner-up on three different occasions to men who outweighed him by forty to fifty pounds, Lee Haney and Dorian Yates, in very controversial close calls each time. Even though he was often pressured to put on more size, he always remained true to the ideals he had for physical perfection. Shawn’s belief was that bigger wasn’t better, better was better.”

We ended every session with one-minute holds of each of the quarter turns and the seven mandatory poses. It was grueling, and Randy was usually shaking like a leaf and gritting his teeth with effort to maintain the poses. But it was a very effective technique a friend of mine named Rob Fleischman had put me through for a recent show. Once you had gone through it a few times, you were able to stand onstage and make it all look effortless while everyone around you was grunting, grimacing, and in general looking painfully constipated while you smiled with smooth confidence. We were at that point in the practice session right now.

“Quarter turn to the right,” I called out, and Randy obeyed. “Legs,” I reminded him, as he had the very common novice habit of tensing the upper body but letting the legs relax.

“So what, Ron, are you telling me not to train for size?” I was impressed at how he could even talk at this time, since he had to be exhausted.

“Of course not, you definitely need to train for size, but not just for the sake of sheer size. You want to have an aesthetic physique, with a small waist, a nice taper, good overall shape and proportion. I know right now you want to be a pro bodybuilder, but you might very well change your mind soon. Things have really changed. We used to have men like Steve Reeves, Arnold, Serge Nubret, Frank Zane, Lee Labrada, and Bob

Paris, with physiques that even the average person could appreciate and admire. The guys now are just too big. They don't even look real anymore. And the size for the sake of size mentality has resulted in big guts, giant butts, bodies that sometimes look more like big mutated lumps of meat than a thing of beauty. People wonder why bodybuilding is a small cult sport compared to football and baseball. They don't realize it's turned into a freakshow. Front double biceps." He went into the pose.

"But the thing is, I know I'm going to look small compared to the other light-heavies at the show. It's embarrassing, that's all."

"You're still not getting it. I've told you many times, your shape and overall proportion are very good. I would give my left nut for a waist and hips as small as yours. My hips look more suited to childbirth than bodybuilding. You might stand next to some guy who is technically bigger and thicker because he weighs the same or more at a shorter height, but he might have a big old belly, a wide waist, clunky joints, etc. If it was only about size, we could diet down a lot of powerlifters and World's Strongest Men competitors and have them winning all the bodybuilding shows. But bigger does not mean better."

Randy stared at me. "Hello?"

"What?" I responded casually.

"Next pose?" and he started going into a front lat spread.

"Hey! Stay in the front double bi-



"...If it was only about size, we could diet down a lot of powerlifters and World's Strongest Men competitors and have them winning all the bodybuilding shows. But bigger does not mean better."

ceps. We're going to hold the poses for two minutes from now on so you can really make it look effortless."

"You're such an a-hole," he sputtered, shaking and probably about to cramp up.

"Now you sound like my wife," I laughed.

"Do you tell her bigger isn't better, too?"

"Three minutes each pose!" I shouted. I know Luke Skywalker wasn't such a wise-ass with Yoda.

"And if you mouth off like that again," I reached down in my bag and started snapping pics with my digital camera, "I will post these on Muscle Madness as a thread

called 'My boy Randy is gonna kick all your sorry asses at the New England.' Okay, front lat spread."

The cramp hit just as he was going into it. It was his calf, oddly enough. "You wouldn't dare," he whimpered. I smiled my impish smile.

"You know I would. I would find it quite hilarious, actually."

"What kind of coach are you?" he accused.

"You'll thank me someday," I assured him. "Hopefully with a nice new car or something. Either that or you'll come looking for me with a shotgun. I'll probably be retired in Miami Beach by then anyway."

Ron Harris can be contacted at www.ronharrismuscle.com.

THE PARRILLO PRINCIPLES

• *Building the Metabolism* •

By John Parrillo

If I were asked to name the single most important Parrillo nutritional principle, the first thing that jumps into my mind is the concept of "building the metabolism." What exactly does this mean? Through a combination of exercise and nutrition you teach the body to consume lots and lots of calories without getting fat. Why is this so important? It allows the bodybuilder to train hard and grow large. How does this occur? In a physiological nutshell we teach the body to absorb and utilize an ever-increasing number of calories thereby allowing the athlete to train harder, train heavier, train longer and as a direct result build lots of muscle mass without adding body fat in the process. In repeated instances athletes who successfully build the metabolism actually lose body fat while simultaneously increasing lean muscle mass. This is profound and astounding. Building the metabolism uses very specific procedures and is extremely rigorous, regimented and systematic. It's success is contingent on the user being able to discipline themselves to eat certain foods at certain times

and to train in a specific fashion. Do so for a protracted period of time and you reprogram the body. Building the metabolism requires a precise strategy and straying from the proscribed procedures derails progress faster than you can say boo. Those disciplined, determined and committed transform themselves in 30 to 60-days. I know because I've supervised more transformations than you can shake

a stick at. Muscle is a metabolically active tissue and requires calories in order to survive. For every ten pounds of newly acquired muscle, the body needs 300 to 400 additional calories per day to feed the new tissue. There are specific rules that need be understood and implemented in order to build the metabolism; here are a few of the most important.



Logic dictates that we derive calories from sources difficult for the body to turn into fat and avoid those foods that are turned into fat easily.



Fibrous carbs are nearly impossible for the body to convert into body fat and are highly recommended. Broccoli, green beans, salad greens, cauliflower, cabbage and onions are a few examples of fibrous carbohydrates.

1. Only certain types of calories are consumed: certain nutrients are easily converted into body fat while other nutrients are extremely difficult for the body to transform into body fat. Logic dictates that we derive calories from sources difficult for the body to turn into fat and avoid those foods that are turned into fat easily.

2. Consume lots of “pure” protein: pure protein (sometimes called ‘clean’ protein) is devoid of saturated fat and is nearly impossible for the body to convert into body fat. Protein is difficult for the body to break down and actually causes the metabolism to elevate during digestion. Protein consists of amino acids that are the actual building blocks needed to construct muscle. It is a no-brainer that when building the metabolism a huge portion of daily caloric intake need be derived from pure protein.

3. Protein recommendations: I recommend at least 1-gram of protein per pound bodyweight per day for a serious fitness devotee, 1.5 grams for a bodybuilder and 2-grams of protein for a competitive bodybuilder. A 150-pound athlete would consume between 150 to 300 grams of pure protein per day. At four calories per gram this means between 600 and 1200 calories per day are derived from protein sources.

4. Fibrous carbohydrates: fibrous carbs are nearly impossible for the body to convert into body fat and are highly recommended. Broccoli, green beans, salad greens, cauliflower, cabbage and onions are a few examples of fibrous carbohydrates. I suggest a portion of fiber be eaten with each and every meal. Fibrous carbohydrates contain few calories and also retard insulin secretions.

5. Foods to be avoided: just as certain nutrients are nearly impossible for the body to turn into body fat (protein, fibrous carbs) other foods are effortlessly turned into body fat. Saturated fat is easily compartmentalized as body fat. Ditto for sugar in any form. Refined carbohydrates are man-made carbohydrates and due to their molecular structure almost always end up as body fat. Candy, bread, pasta and other processed food cause insulin to spike. Too much insulin in the bloodstream accelerates fat storage. These foods are to be avoided at all times.

6. In-between foods: certain foods are beneficial if used correctly and detrimental if used incorrectly. Starchy carbohydrates such as potatoes and rice can be a bodybuilder’s best friend or prove downright detrimental if used correctly or incorrectly. Protein cannot always be totally devoid of saturated fat and sometimes a little saturated fat is unavoidable.

7. Starchy carbohydrates: provide a dense source of calories and if used in conjunction with fiber and protein (and not eaten alone or eaten excessively) can aid the athlete in their quest to add lean muscle mass. Starch can be problematic if not used with precision. As with most things in life, too much of a good thing can be detrimental and if the bodybuilder is not careful starchy carbs can end up as body fat.

8. Eat beneficial foods in coordinated conjunction with one another: every Parrillo meal contains a fibrous carbohydrate and



Refined carbohydrates are man-made carbohydrates and due to their molecular structure almost always end up as body fat.

protein portion. Fiber has a dampening effect on insulin and protein digestion causes the metabolism to elevate. The classical Parrillo bodybuilding meal consists of a protein portion, a large serving of fibrous carbohydrates and an equal or smaller starch carb portion.

9. Targeted nutritional supplements: are used to round out each bodybuilding meal and boost nutrient levels and calories. Parrillo Performance has a complete line of nutritional supplements specifically designed to compliment the boosting of the metabolism. Certain supplements are consumed at certain times to complete the classical Parrillo-style bodybuilding meal.

10. Multiple meals are a must! Another cornerstone of the Parrillo nutritional approach is the use of multiple meals. Far better over the course of the day to eat 6,000 calories divided amongst six meals of 1,000 calories each than to eat three square meals of 2,000 per meal. Multiple meals lessen the digestive burden and allow the me-

tabolism more 'practice.' The more times we eat the better the body becomes at digesting food and distributing nutrients. Optimally we want to eat a balanced meal every 2-3 hours.

They say a picture is worth a thousand words and I think an example might drive home just how we institute a successful metabolic makeover. One top female bodybuilder came to me for help. She had been stuck at a particular plateau for over two years and though she had built an outstanding physique, she was tired and felt drained all the time. She was caught in a classical dilemma: she was consuming 1,700 calories a day and I explained that her metabolism was sluggish and this was making it impossible for her to burn body fat. Her caloric ceiling was so low there was no room to maneuver underneath. My counterintuitive solution blew her mind: I increased her calories to 4,000 a day. I advised her to eat only certain foods at certain times in certain proportion and had her supplement with CapTri® and Op-

timized Whey™ protein powder. She performed cardio up to two times a day and adopted my progressive resistance training philosophy. She worked out in an extremely intense fashion. At the end of ten days I measured her muscle-to-fat ratio and she was astounded at the transformation: she had shed 10-pounds of body fat, added 4-pounds of pure muscle and felt 'fantastic.' In just over one week she had achieved the finest physical condition of her life and was eating literally 2.5 times as many calories. Plus she now had a vitality level that energized her career and her life. And this is just one of literally hundreds of examples of successful metabolic makeovers I have personally supervised over the past three decades.

If you would like more information on how to build the metabolism using Parrillo Methodology call our toll-free number and purchase the Parrillo Total Performance Package. The Total Performance Package contains every tool you need: the Parrillo Training Manual, Parrillo Nutrition Program and our patented BodyStat Kit. You need to eat a lot in order to support truly significant training and if you synchronize proper nutrition with a real training effort you can make a huge difference in how you look in a very short time. Our methods work time and again. To build the metabolism the first step in the process is being very clear on the procedures. The second step is assembling the tools and the final step is committing to the process totally and completely for a reasonable period of time. Why not take the leap?



END YOUR ENERGY CRISIS

Cliff Sheats, PhD., F.R.S.H., Certified Clinical Nutritionist

So many people come to me, complaining that they are very active, but they feel like they're running out of energy all the time. They want more energy, but without eating a lot of food that will make them fat. Here's how I tell them to solve this dilemma.

To get health and energy, you've got to eat more of the right kinds of foods to build health. Unfortunately, some people still think that "less is more;" that is, the fewer calories they eat the more body fat they'll lose. They start subsisting on diets in the 600 to 1000 calories range, most often while trying to follow rigorous aerobics and weight training schedules. These sub-calorie regimens don't provide enough food to fuel their energy requirements. Their bodies go into a breakdown mode, in which muscle tissue (including heart muscle tissue) is lost. Not only that, vital nutrients are pulled from tissues to fuel the body, depleting nutritional reservoirs.

The consequence is exactly the opposite of what is desired: poor health, sickness, injury. Sub-calorie diets also slow the metabolism, the body's food-to-fuel process, making it easier for the body to store fat. Nor can muscle be built if the metabolism isn't running up

to speed. The answer to getting lean, muscular, and healthy is increasing calories. On the Parrillo Performance Nutrition Program, you gradually increase calories to lose body fat and gain muscle. Depending on your sex, size, activity level and present metabolic state, you eat between 2,000 and 10,000 a day, sometimes more.

The answer to getting lean, muscular, and healthy is increasing calories. On the Parrillo Performance Nutrition Program, you gradually increase calories to lose body fat and gain muscle.

When people first hear that John Parrillo's Nutrition Program allows up to 10,000 calories a day or more, they are amazed. But not all of those calories come from food. A certain proportion comes from nutritional supplements.

If you're eating 10,000 calories a day, for example, about 4,000 of those calories are usually obtained from food supplements such as Cap-Tri® and from protein and carbohydrate supplements like Hi-Protein Powder™ and Pro-Carb™. Nutritional supplements play a key role in metabolism and nutrition.

Used in conjunction with the proper foods, they assist in decreasing body fat supporting muscle growth, extending endurance and promoting better recovery and repair after training. Food selection is critical. John's program includes lean proteins (fish, white meat poultry, and egg whites), starchy carbohydrates (potatoes, yams, brown rice, legumes and whole grain cereals) and fibrous carbohydrates (salad vegetables, green beans, cauliflower, broccoli and others).

Each meal should be structured to include a lean protein or two starchy carbohydrates and one or two fibrous carbohydrates. This combination of foods has two important benefits: First, the protein and fiber slow the digestion of carbohydrates — and consequently the release of glucose — to provide consistent energy levels and sustained endurance throughout the day. Second, this combination provides a constant supply of nutrients so that your body can maintain its energy, growth and repair status. Also, you should eat five to six meals a day or more, spaced two to three hours apart. This pattern of eating is metabolically beneficial — for three reasons.

First, it helps naturally elevate your body's level of insulin, a hormone



Parrillo athlete, Ron Adams is such a big proponent of the 10,000 calorie diet, we featured him in our March 2003 issue of Parrillo Performance Press.

with powerful anabolic (growth-producing) effects. One of its chief roles in the body is to make amino acids available to muscle tissue for growth and recovery. Insulin's release is triggered by the conversion of carbohydrate into glucose by the liver. When glucose is introduced into the bloodstream, the pancreas releases insulin in response. For growth to occur, insulin must be constantly present in the body so that amino acids and glucose can move into the muscle tissue. Following a meal, amino acids remain available for protein synthesis for only about three hours. By eating meals of protein and carbohydrate two to three hours apart, you assure that your system is releasing adequate amounts of insulin, which, in turn, can exert its growth-producing action.

The second reason frequent meals are beneficial involves "thermogenesis" — the production of body heat from the burning of food for energy. Following a meal your metabolic rate is elevated as a result of thermogenesis. Consequently, the more meals you eat, the higher your metabolic rate stays throughout the day.

Third, with a constant nutrient supply, you are never forced into a "starvation mode," a state induced by repeated cycles of low-calorie dieting in which the body prepares itself for famine. Because meals are coming at shorter, regular intervals, your body learns to process food more efficiently, and your metabolism is accelerated as a result.

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- APRIL 23-24.....OPEN**
- MAY 21-22.....FULL**
- JUNE 4-5.....OPEN**

5 WAYS TO IMPROVE YOUR PHYSIQUE

Andre "Duke" Nukem

FIND A TRAINING PARTNER:

Want to improve your physique? Want to lift more poundage during the workout? Want to miss fewer workouts? Want to train harder, train longer, train more often and take your physique up to the next level? Then find a training partner and all this great stuff will come to pass. Nothing causes a bodybuilder to train harder or more often than knowing that someone is waiting for them at the steel house and will be watching while they perform each and every set. It makes it about twenty times more difficult to blow off a workout when you

have a training partner or two counting on you to show up. You can be sure that if a training partner is watching you as you lift, you'll give 110% on each set. If you want to get really strong in the various exercises you'll need to have spotters. Safety is important and if you don't have a spotter (or preferably two) you'll never be able to go all out in heavy squats and bench presses. A spotter allows you to extend your limits while keeping you safe. A training partner helps you squeeze out extra reps and by pushing past current limits you literally force a muscle to grow larger and stronger. And speaking of forcing growth, by hav-

ing a training partner/spotter you'll be able to practice forced reps. Is there a more growth-inducing procedure than a perfectly administered forced rep? (The perfect forced rep is a tricky procedure: not too much help, not too little help, just enough help to enable you to finish the rep) Forced reps are impossible without a competent training partner. The ideal training partner is motivated and determined to succeed. You too should exhibit these characteristics and expect them of whom ever you select as a training partner. Use the golden rule to determine how to spot each other: spot as alertly as you would want them to spot you. If you are

at a loss as to how to find a training partner, start by posting a notice on the gym bulletin board. Don't be afraid to turn a potential training partner down if they seem weird, less than serious or not focused.

WAKE UP EARLY FOR A CARDIO SESSION:

Is there a more effective fat burning strategy than performing aerobics before breakfast? Ever wonder why elite bodybuilders universally go to the trouble to wake up early and hit a cardio session before eating? Early morning cardio has proven itself a super effective strategy for burning off body fat. After sleeping all night without eating any carbohydrates, upon arising the body is low on glycogen. The body's favorite fuel is glycogen. If the body is subjected to a high intensity aerobic session when glycogen stores are low, stored body fat is burned to fuel the aerobic activity. This pre-breakfast cardio procedure is so effective that it has become standard operating procedure for competitive bodybuilders worldwide. These athletes don't get up early because they like the fresh morning air; they get up and hit cardio early because it works. Take a tip from the bodybuilding elite and get up before breakfast and perform an intense aerobic session. If you make the sacrifice and exchange sleep for a high intensity aerobic session, within three weeks you will see a dramatic improvement in your physique. Of course if you eat poorly and make bad nutritional decisions then the early morning

cardio effort is totally wasted. Smart bodybuilders consume a Parrillo 50-50 Plus shake immediately after finishing the early morning aerobic workout as this replenishes glycogen and revitalizes the athlete after a tough session.

SIMPLIFY THE WORKOUT:

Too many rookie bodybuilders try and squeeze too many exercises into each and every workout. Far better to concentrate on a few key core exercises and jettison the superfluous, ineffectual minor exercises. Don't sacrifice training poundage for training volume: a longer training session is not necessarily a better training session. Try not to clutter up the session with a bunch of dinky isolation exercises done on machines using peewee poundage your mother could lift. Real bodybuilders build their routines around Old School barbell and dumbbell exercises: squats, leg presses, heavy calf raises, overhead presses, press behind the neck, rows, chins, pulldowns, cleans, deadlifts, bench presses, incline presses, dips, heavy standing curls, preacher curls, nose-breakers and tricep pushdowns. The smart bodybuilder seeks to get strong as hell in these core exercises and by doing so they grow massive. The core movements should get the lion's share of available training time. Any training time leftover can be filled with the minor isolation exercises and machine exercises. Too many rookie trainers spend way too much time working on the 'beach muscles:' pecs, upper lats, abs, delts and biceps. If they don't change this one-

dimensional approach to training they end up top heavy and look like "a midget riding an ostrich" to quote Iron Vic. How many times have you seen a young bodybuilder fill a workout with set after set of bench press, inclines, then declines, pec dec and cable cross-overs. They roll right into deltoids with machine presses, Arnold press, ten different types of lateral raises using teeny little dumbbells and finish with all types of cable lateral raises. Then it's time for arm training: preacher curls, barbell curls, cable curls, tricep kickbacks and three different types of cable pushdowns – then its time for abs – all this takes hours. These misguided types perform so many exercises they are forced to use itty-bitty weights. Tiny poundage equates to tiny muscles. Do yourself a favor if you fall into this category and reduce the sheer number of exercises. Make sure all body parts receive equal representation. Get strong: push the training poundage up. The secret to getting really big muscles is handling really significant poundage.

USE YOUR SUPPLEMENTS PROPERLY:

One mistake many young athletes make is to use supplements incorrectly. Parrillo nutritional supplements are designed to supplement not replace regular foods. Too many bodybuilders use their supplements as a crutch and drink a protein shake or eat a sport nutrition bar instead of eating a prepared bodybuilding meal. Optimally Parrillo supplements are used in conjunction with a balanced body-



Don't be lazy, take the afternoon and prepare chicken breasts, steamed veggies, rice, potatoes, fish and lean beef for the coming week. Store massive quantities in the refrigerator and each day pack individual meals in Tupperware containers to take to work or school.

building meal. Too often young bodybuilders are in a rush or are lazy and don't take the time to properly prepare a balanced bodybuilding meal. Instead they wolf down a Parrillo bar or two and call that a meal. This is expensive and not the intended purpose of nutritional supplements. Parrillo supplements go further and are more effective if used properly. Don't be lazy, take the afternoon and prepare chicken breasts, steamed veggies, rice, potatoes, fish and lean beef for the coming week. Store massive quantities in the refrigerator and each day pack individual meals in Tupperware containers to take to work or school. Bring meals to life in the microwave and enjoy real food meals. Use your supple-

ments in conjunction with these meals and don't forget to drizzle each meal with CapTri® in order to boost caloric content. Parrillo supplemental protein powder (Optimized Whey™ and Hi-Protein™) can be brought to life in a matter of seconds when shook vigorously in a Tupperware jug mixed with cold water. Pro Carb is irreplaceable for individuals seeking to add muscle mass and 50-50 Plus is an absolute post-workout must. Parrillo bars offer portable nutrition that can be stored anywhere: glove compartment, office desk drawer, file cabinet or gym bag. In an ideal world Parrillo nutritional supplements are used to supplement perfectly balanced bodybuilding meals. Consult the Parrillo

Nutrition Manual to learn how best to use these amazing products properly.

DON'T GET LOCKED INTO ONE PARTICULAR EXERCISE MODE:

Be sure and periodically shake things up. Have you fallen into the trap of always doing one particular type of cardio using the same machine for the same duration at the same pace? If so, gains likely are a thing of the past. Have you fallen into the trap of doing the same weight training exercises in the same order on the same days using the same poundage for the same number of repetitions? If so it's highly unlikely that you are in for any significant progress. The human body needs to be continually challenged and unless you periodically shake things up the body will find a way to negate results. Make sure that you routinely change various aspects of training. Don't fall in love with a particular cardio device; vary the mode, vary the intensity and vary the duration. Don't be afraid to switch weight-training exercises and remember to work different rep ranges. The biggest mistake you can make is to develop a fanatical allegiance to one particular way of doing things. Humans are naturally creatures of habit and we all have to fight against the urge to do the same thing in the same way over and over and over... If you are at a loss for ideas call Parrillo HQ and we'll be happy to help you inject variety and vitality into stale training.

METABOLIC RATE AND CAPTRI®



John Parrillo

It's no coincidence that the biggest, leanest bodybuilders are also the ones who consume the most calories - as many as 8,000 to 10,000 a day. On the other hand, how many fat people have you met who are always on a diet - who skip meals and live on 2,000 calories a day? Obviously, the bodybuilders know something the others don't. If 8,000 calories can make you lean and 2,000 calories can make you fat, then there must be something going on here.

When it comes to gaining or losing weight, everybody is obsessed with how many calories they consume. And that's good - but it's only half the story. Changes in body weight are not governed by energy consumption, but by energy balance. There are two sides to the balance equation: energy consumption and energy expenditure. Many people overlook the expenditure side of the equation, because they don't understand it, but it's just as important. Obviously, you will have more control over your body if you learn to control both sides of the energy equation, instead of just one. Let's talk about how to do that.

Everyone knows that you expend energy when you exercise. You probably also know that your body is constantly burning calories, even

when you're just sitting around. But what you may not realize is that your rate of energy expenditure - your rate of calorie burning - goes up every time you eat (1). And how much it goes up depends on what you eat. So therefore you can control your rate of energy expenditure by careful selection of foods and supplements, proper nutrient combining, and proper timing of meals. To understand how to do this, you have to know some basic science.

Metabolism is a term which describes the total chemical activity going on inside your body (2). Metabolism has two sides: an energy-consuming component called "anabolism," and an energy-producing component called "catabolism." You can think of your metabolism as the flow of energy through your body. This energy is measured in calories.

The "metabolic rate" is your body's rate of energy expenditure, and is expressed in calories per hour. Nearly all of the energy expended by the body is ultimately converted to heat (2). (The only real exception to this when work is performed outside the body.) Therefore, the metabolic rate can be measured as the amount of heat given off by the body. Since greater than 95 percent of the en-

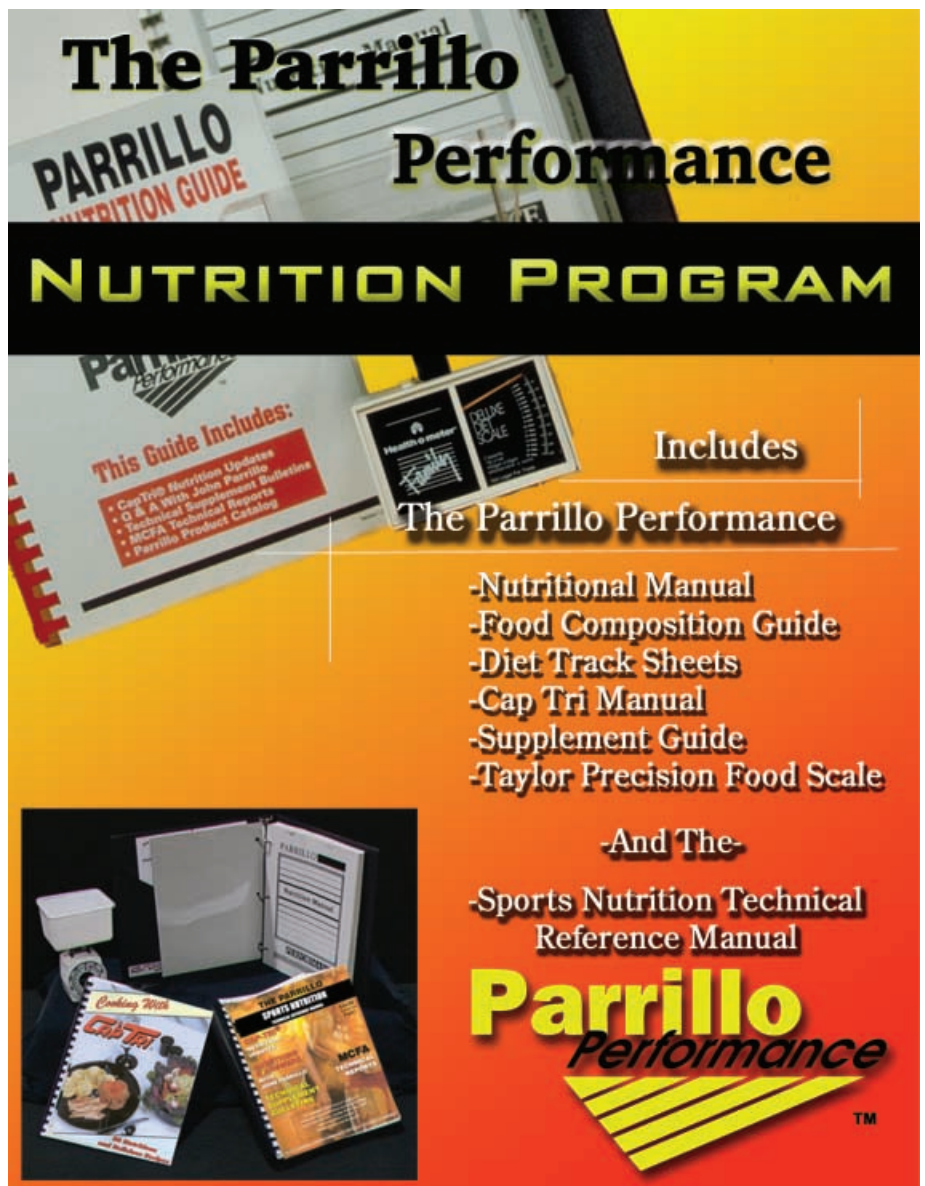
ergy liberated by the body is derived from the reaction of foods with oxygen, the metabolic rate is proportional to the rate of oxygen consumption (2). In practice, the metabolic rate is measured by the rate of oxygen consumption, since this is much easier than trying to measure how much heat the body gives off.

Anabolism means "building up," and describes the process of building new bodily tissues. Anabolism is growth. Anabolic steroids are called anabolic because they stimulate growth. Your body produces its own anabolic steroids naturally, and my program is designed to help you take maximum advantage of what your body is capable of doing naturally. Foods provide the building blocks that your body is made out of as well as the energy which fuels your activities. The process of growth essentially amounts to your body disassembling the molecules of the food you eat and restructuring them into the molecular form of new human tissue. This transformation process requires energy, as well as the building blocks used to make new human tissue.

Catabolism means "tearing down," and is the process of degrading nutrients to provide energy and building blocks. The foods you eat

can experience three general metabolic fates: they can be burned to release energy, they can be digested into small building blocks to be used for growth, or they can simply be excreted. Your body is pretty efficient at absorbing nutrients, and not too many are excreted without being used. If you consume nutrients in excess over what is required to maintain your current body weight and activity level, the excess calories will generally be converted into body weight - either muscle or fat. The Parrillo Nutrition Program is specifically designed to provide your body with the building blocks it needs to construct new muscular tissue, but not to give it building blocks which are used to make fat tissue. Of course, excess calories from any food can be converted to fat, but if you are careful and do everything just right you can direct most of those excess calories to muscle.

After you eat a meal, your body begins to burn the food to release energy. Since food is burned by reaction with the oxygen that we breathe, the rate of oxygen consumption increases after eating. This is proportional to the increase in metabolic rate - the rate of energy expenditure. So in other words, the metabolic rate increases after you eat (1). The same number of calories (the same amount of energy) from different types of foods can have different effects on metabolic rate (3). Different foods increase the metabolic rate to different extents probably due to both the inherent energy content and chemical composition of the food, as well as its rate of digestion and absorption.



The Parrillo Performance
NUTRITION PROGRAM

This Guide Includes:

- Cap Tri Nutrition Updates
- Q & A with John Parrillo
- Technical Supplement Bulletins
- BCFA Technical Reports
- Parrillo Product Catalog

Includes

The Parrillo Performance

- Nutritional Manual
- Food Composition Guide
- Diet Track Sheets
- Cap Tri Manual
- Supplement Guide
- Taylor Precision Food Scale

-And The-

- Sports Nutrition Technical Reference Manual

Parrillo Performance
TM

The Parrillo Nutrition Program is specifically designed to provide your body with the building blocks it needs to construct new muscular tissue, but not to give it building blocks which are used to make fat tissue.

So how do you use this information? There are several key ideas. One is that you should eat frequent meals. Since your metabolism speeds up after each meal, eating frequently keeps your metabolism elevated all day. If you eat 3,000 calories per day, you will be leaner if you eat six 500 calorie meals instead of one 3,000 calorie meal. If

you provide your body with too many calories at one time, some of them will be converted to fat. Give your body a constant and steady supply of energy - enough to fuel your activities and make muscle, but not so much that you're putting on fat. Your body can only make muscle so fast, so we suggest you gain no faster than 1-2 pounds per week.



It's no accident that we've incorporated CapTri® at the core of our supplement program. The reason? As you know, CapTri® is a very concentrated source of calories - calories that can be used for energy and to support weight gain. The increase in oxygen consumption that occurs after you eat CapTri® means that it is being burned very fast (4, 5).

Another important point is to always eat breakfast - this gets your metabolism going first thing. This is why breakfast is probably your most important meal. You have the whole day to burn off any excess calories you consume at breakfast - any excess calories you consume right before bed are likely to be stored as fat.

Another one of the keys is to combine your foods properly, so as to slow the release of glucose into the bloodstream. Carbohydrates are digested down into glucose, which is the form of sugar released into the blood. If too many carbs are consumed, or if they are released into the blood too rapidly, the insulin response causes the excess to be taken up by fat cells and converted into fat in a process known as lipogenesis. By eating unrefined, complex carbohydrates - and not simple sugars - you slow the release of glucose into the blood. This is also the reason we have you combine fibrous carbs and protein together with your starches at

each meal - it slows the rate of digestion and release of glucose.

And guess what else? CapTri® dramatically increases the rate of oxygen consumption after a meal. It's no accident that we've incorporated CapTri® at the core of our supplement program. The reason? As you know, CapTri® is a very concentrated source of calories - calories that can be used for energy and to support weight gain. The increase in oxygen consumption that occurs after you eat CapTri® means that it is being burned very fast (4, 5). Remember, foods are burned by reacting with the oxygen we breathe, so the reason oxygen consumption increases after you eat is to supply enough oxygen to burn the food to produce energy.

Some of the energy from CapTri® is converted into body heat in a process known as thermogenesis (4, 5). This is the single most important reason why excess calories from CapTri® have less of a tendency to make you fat than ex-

cess calories from other foods. CapTri® is burned so fast that excess calories from it are turned into body heat instead of being converted into fat. This is why I've called CapTri® the best supplement ever developed for bodybuilders - it's an excellent way to supply extra calories but has very little tendency to make you fat.

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IRON VIC SPEAKS

By Iron Vic Steele

Hi-rep sets, Body part proportionality, Voodoo leg curl clarification

Iron Vic,

What is your opinion of high rep sets? I know that Parrillo recommends them on occasion, particularly in conjunction with belt squats but what about regular training and regular body parts? Also, if I use high rep sets, how high, how often and are there any pitfalls? I am getting pretty burned out and bored with my training: I work up to one all-out set of 8-12 rep sets in the standard exercises then I move on to the next exercise. Perhaps a short blast of high rep training would shake me out of my funk-a-tude.

*Bored to death,
Detroit City*

I don't need to speak for John – Lord knows that he can speak for himself without any help from me. (JP: when are you going to let me borrow that John Deere hat you keep promising?) John recommends that every trainee include high rep sets in *every* workout. In the Parrillo lexicon there are two types of muscle fiber and two types of progressive resistance training. The two fiber types require two distinct strategies. *Muscular density* refers to size and thickness of muscle fiber. To build muscle density requires heavy lifting. Lower reps using maximum poundage is ideal for improving muscle density. John actually prefers several 'work sets' for improving muscle density. Here is how it works: warm-up thoroughly then work to an all-out

set of 12-repetitions. For illustrative purposes let's pick hypothetical poundage. After hitting say 220x12, John would advise adding more weight to the bar and then hit an all out set of 8-reps with perhaps 250. Rest for a few minutes; add even more weight and blast up 280x5. Finally perform a triple with 300. After pyramiding up to 300x3, Parrillo would advise dropping the poundage back to around 250 for 6-reps (you'll lose a few reps from cumulative fatigue) and on this set have a training partner step in and administer an additional 2-3 forced reps. Now that's a workout! But we're not done. At this point it's time to improve the target muscle's *cardiovascular density*. Cardio density refers to actual size and sheer number of blood vessels

within a muscle. Blood vessels carry oxygen and nutrients to a muscle and transport fatigue-inducing waste products away from it. High repetition progressive resistance training using 20 to 100-reps per set builds cardio density. In the Parrillo approach once the trainee finishes his muscular density sets it is time to follow up with a high rep cardio density set or two. Generally speaking cardio density sets range from 20 to 30-reps but every so often John will recommend a 50-100 rep set to shake things up. If I were recommending a cardiovascular density set for our hypothetical fellow who worked up to 300x3, I would suggest a final cardio density set with 185-pounds. Shoot for a 30-rep cardio density set but if I could squeeze out more than 30-reps I sure would.

Iron Victor,

How would you set up a balanced bodybuilding routine? How much time should be allotted to each body part? I suspect I've been training my 'beach muscles,' arms, pecs, shoulders and abs too much while neglecting my back and legs.

*Tanya,
Los Angeles*

Let's approach this mathematically and allot training time in proportion to body mass. This requires some calculation. Put it this way, it makes no sense to spend 70% of your training time on arms and pectorals when these three muscles represent approximately 20-25% of

overall body mass. Keeping in mind that all humans are constructed slightly differently, let's hazard some rough guesses on body mass proportionality: neck 3%, pectorals 12%, deltoids 10%, trapezius/rhomboids/teres/lats/erectors 25%, abdominal 8%, ham-



“Put it this way, it makes no sense to spend 70% of your training time on arms and pectorals when these three muscles represent approximately 20-25% of overall body mass.”

strings/quadriceps/glutes/calves 32%, biceps/triceps/forearms 10%. These are rough calculations to be sure but certainly in the ballpark. Assuming that our gross proportional calculations are accurate we can extrapolate how best to use available training time. If you have six cumulative hours per week (360-minutes) to devote to progressive resistance training, the

breakout would be as follows: neck 10 minutes, pectorals 43 minutes, shoulders 35 minutes, back 90 minutes, abdominal 28 minutes, legs 115 minutes, arms 35 minutes. Now this is strictly a rough guide but obviously if you are spending 120-minutes a week training your pecs and 40-minutes a week training your back then things are going to end up disproportional. Get the idea?

Iron Vic,

Salutations from the Big Easy. Remember me? You and Santana Hanna came by my shop a few years back. I've got to ask you a question. Recently I've been afflicted with pain, way harsh pain, after doing straight leg dead lifts. On day two and three after my hamstring straight leg deadlift training I'm hobbling around like an old man with moderate to severe lower back pain. I've been slowing down my leg curls using less weight and a purposefully slow start like you recently suggested - so I know the pain culprit must be the straight leg dead lifts. I think I'm doing every thing right: relaxed arms, bar close to the legs, butt back, head up, slight bend of the knees at the bottom, and back straight. What the hell is wrong? I'm only doing 5 sets with 185 to 225-pounds. You'd think I'd be smart enough to figure it out!?!? Please advise. Gotta get back to the heating pad!

*Doctor John,
The Night Tripper*

PS – it is my understanding that the arrest warrant on you and Santana Hanna is no longer in effect in New Orleans – maybe we could hook up at the Madi Gras this year like we did in 1995?

Maybe not. This freak is another voice from the past...still into that Haitian Santeria voodoo stuff? Dr. John dresses like a psychedelic nightmare. He is a “doctor” of herbal medicines and owns a weird little voodoo shop straight out of Little House of Horrors on the Corner of Saint Claude and Explainade. I was introduced to this certifiable weirdo by my old Cajun buddy, Santana Hanna, the world butterfly knife combat fighting champion. I rolled down to Red Stick (Baton Rouge) for the 1995 national powerlifting championships and afterwards we decided to head to New Orleans. We met Dr. John in his shop and though I’ve seen a lot of strange people in my travels this guy ranked at the tiptop of the weirdo list. We walked into this dank musty shop stuffed with old timey dolls, shrunken heads (real ones) and burning incense. Water moccasin and rattlesnake skins hung on the walls and strange charms sat on dusty antique furniture while ritualistic voodoo music played on an ancient Victrola. Picture a big dude with 19-inch arms. Doctor John (“call me the Night Tripper”) wore a tuxedo with tails and the sleeves had been ripped out to expose his guns. He had on a formal top hat and his face was painted like some football loser at an Oakland Raider game. Hanna told me he dressed up like this all

the time. He had a ‘lazy eye’ that never moved and wore a bunch of charm necklaces. He kept shaking a rattle at me to see if I ‘was spellbound.’ The guy talked in some kind of Creole patois that I couldn’t understand and within ten minutes of meeting me asked if I wanted to ‘eat some peyote.’ I demurred and we proceeded to walk over to Antoine’s for some oysters Rockefeller. He strode down the sidewalk carrying a giant walking stick with a shrunken head on top and proceeded to get into a fight with a street musician sitting less than a block from his creepy store. Out of nowhere he starts bashing this hippie folk singer with his stick, accusing the poor guitar player of “Trying to put some gris-gris (a hex) on me!” Hanna and I are pulling Dr. John off the guy when the cops showed up. A full fledged street brawl broke out that ended with me running through back alleyways, leaping fences and running through back yards while being chased by a K-9 unit. I escaped and haven’t been back since. Thanks for the freaking invite but no thanks. Out of a sense of professionalism I will answer your question...

You are performing the deadlifts incorrectly. The poundage is WAY heavy. I would suggest you start by holding a 35 or 45-pound plate in your two hands. Set your feet 18-24 inches apart and allow the toes to flare outward. Stand erect and as you lower the plate let the arms hang loose and allow the weight to swing AWAY from the body. The back is kept flexed and the only movement is in the hip

joint. As you lower the poundage the butt will want to push rearward so let it. Exhale as you lower and at the low point of the descent forcibly exhale again thereby forcing all the air out of the lungs. In conjunction with the ‘second exhale’ relax and allow the weight to pull you down further. Now comes the tricky part: at the turnaround where decent becomes ascent, raise your head and power upward but do this SLOWLY! Use the hamstrings and only the hamstrings to power erect. Do this correctly and you’ll feel it in the hamstrings as it actually occurs. Think of this exercise as a stretching exercise done with some added weight. The relatively heavy poundage (185 to 225) and the fact that you allow the barbell to contact the thighs as you pull upward makes the movement an erector exercise, not a hamstring exercise. You likely explode at the bottom to get the poundage moving. If you are flexible you might need to stand on a block or a hundred pound plate laid flat on the floor in order to allow the poundage to dip below the surface. If the plate feels awkward try using two 20-pound dumbbells. Really let the weight stretch you at the start. The key to hamstring deadlifting is to use light poundage and start the upward pull from a huge initial stretch. Allow the weight to stray forward away from the body and use a super slow ascent. Start with 2-3 sets of 10-12 reps and don’t bother writing back, you freaking creep.

HAVE WHAT IT TAKES?

DO YOU

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