

▶ **ARNOLD SPECIAL**

MOTIVATION

CHEST

DELTS

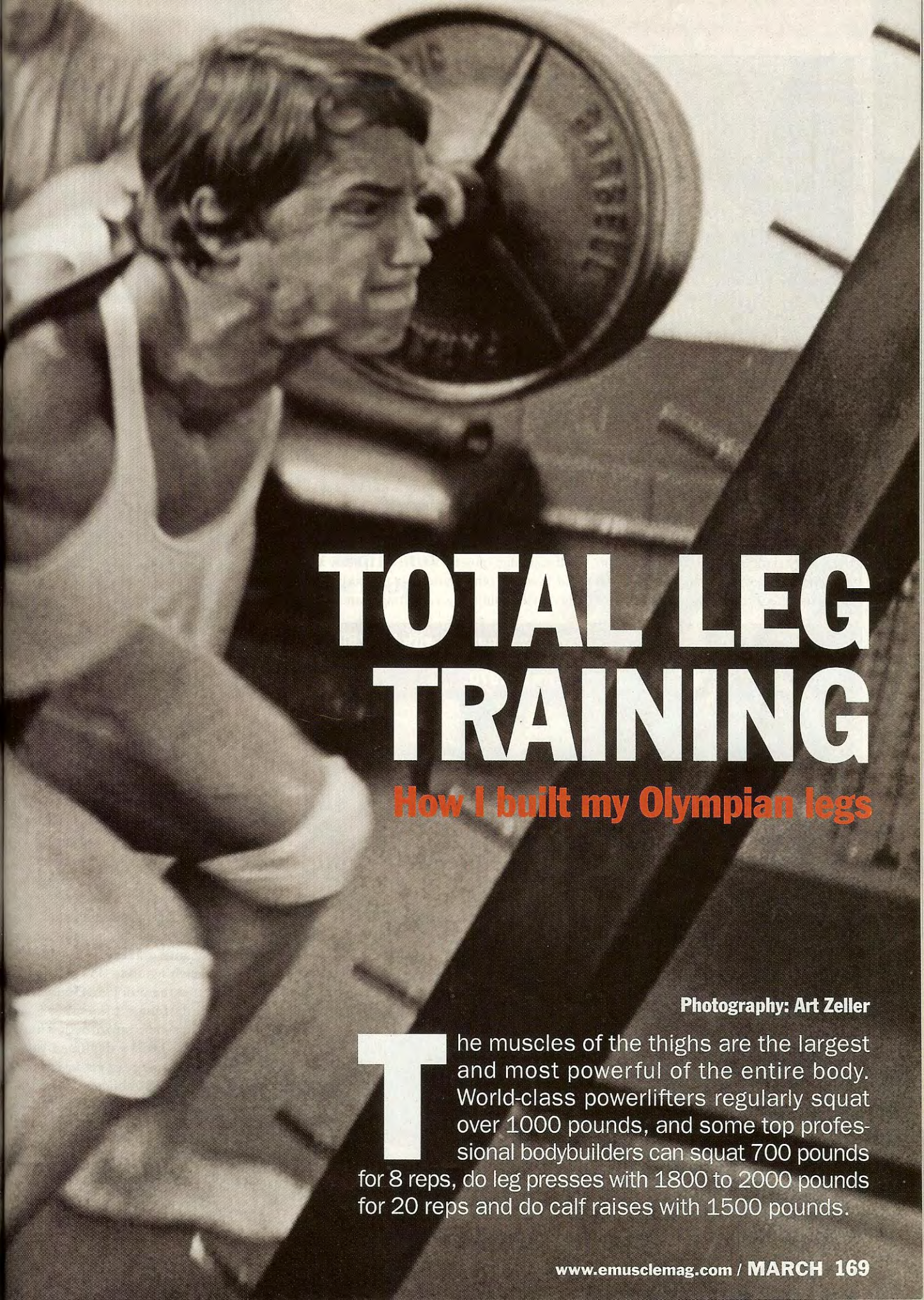
ARMS

LEGS

BACK

ABS

“Only when I got interested in physique competition did I become aware of how critical good legs were.”

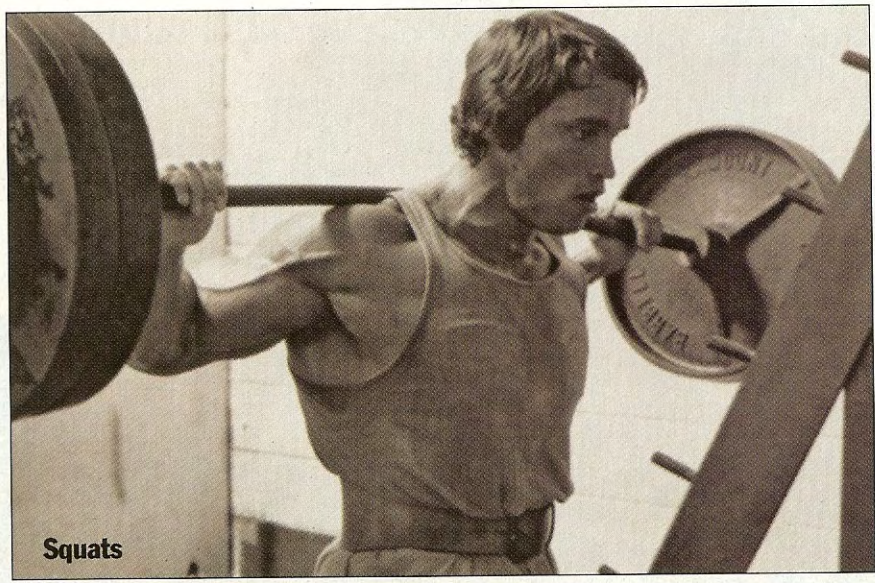


TOTAL LEG TRAINING

How I built my Olympian legs

Photography: Art Zeller

The muscles of the thighs are the largest and most powerful of the entire body. World-class powerlifters regularly squat over 1000 pounds, and some top professional bodybuilders can squat 700 pounds for 8 reps, do leg presses with 1800 to 2000 pounds for 20 reps and do calf raises with 1500 pounds.



Squats

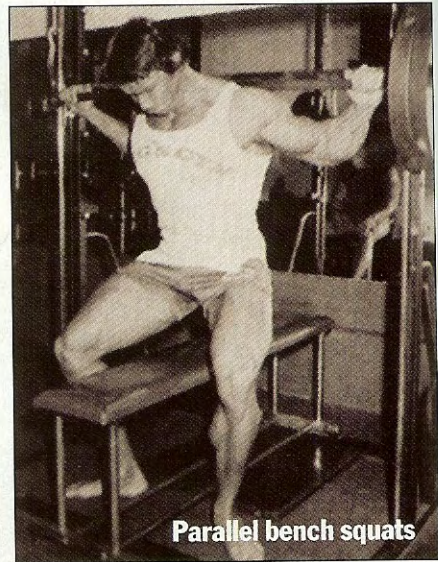
Because we walk around on our legs all the time (as well as running on them, climbing stairs, dancing, jumping and other physical activities), Mother Nature designed the legs with plenty of red slow-twitch high-endurance muscle fibers, which make them very difficult to fatigue. People in exceptional physical condition can run 100 miles or hike through rugged terrain for

weeks. Even people in relatively poor condition can walk three or four miles without any difficulty while playing a round of golf.

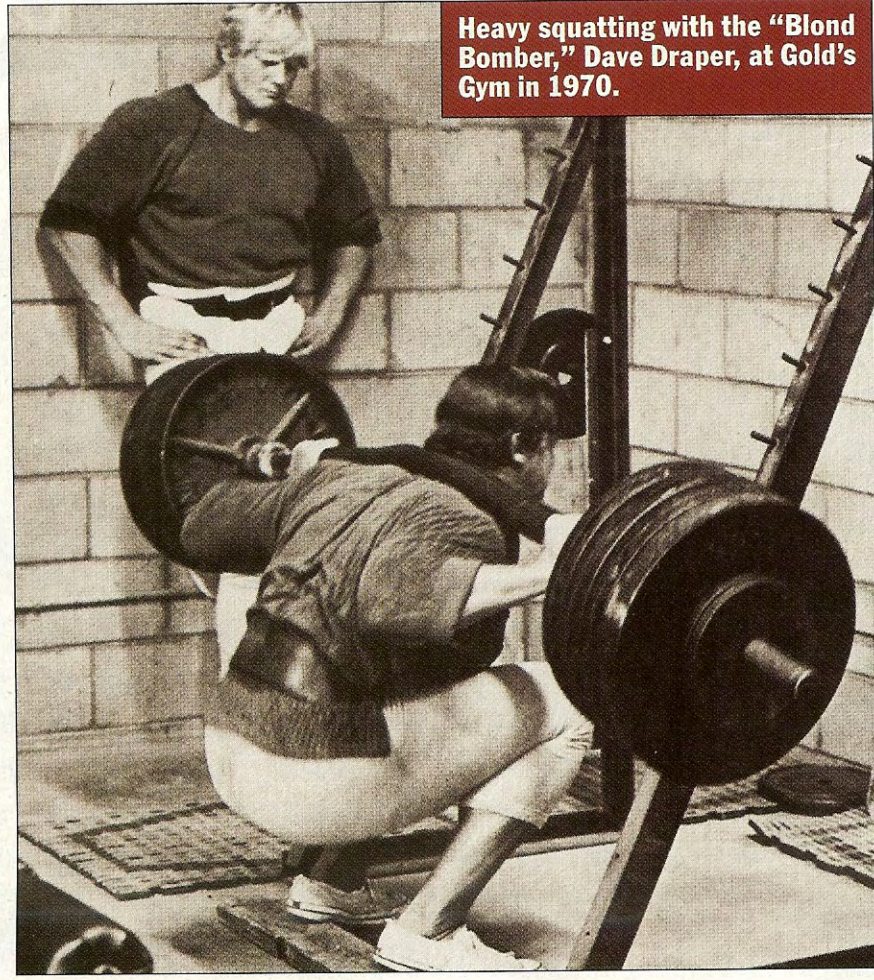
If the legs were made up primarily of white fast-twitch muscle fibers, we would have trouble walking even short distances because our calf and thigh muscles would tire quickly and burn out. No other muscles of the body have this dual quality of great strength and great

endurance. This is why training legs for bodybuilding is so demanding.

You have to use heavy weights and at the same time do enough reps and enough sets (volume) to properly stress the muscle fibers of the legs and exhaust their endurance capacity. This is no easy task. Doing 5 sets of barbell curls with 140 to 150 pounds or bench presses with 250 to 350 pounds can be demanding, but it is nothing compared to doing 5 sets of squats with 400 or 500 pounds on your shoulders. It's like running a mini-marathon – with that much exertion squeezed into eight or nine minutes of concentrated effort.



Parallel bench squats



Heavy squatting with the "Blond Bomber," Dave Draper, at Gold's Gym in 1970.

It's no big secret that I neglected my legs early in my career. Like most beginners I made the mistake of not training my legs at all my first year. All I cared about was big biceps and big pecs. I had no interest in beautiful diamond-shaped calves, massive thighs with huge sweep and deeply separated quads, or full, round hamstrings. Only when I got interested in physique competition did I become aware of how critical good legs were for bodybuilding success. My upper body had a huge head start – especially my arms and chest – so my legs had a lot of catching up to do.

To compound the problem, I trained my legs at the end of my routine after I had finished working some upper-body muscle groups. I was so tired by the time I got to legs that I had no energy or enthusiasm left for them at all. If I was to bring up the development of my legs, and in dramatic fashion, a rearranging of my workouts would be necessary. I would have to use the priority principle and train them first in my routine when my strength, energy and concentration levels were at their highest. By working on a split routine, I could devote two workouts out of six to training only legs.

When I started training at Gold's, I decided to devote the first half of the year to bringing up the overall mass and size of my legs so they'd be more in proportion with my arms and upper body. The routine I followed was simple but grueling. It consisted of the following three exercises:

Parallel bench squats – 12 x 12 reps

Leg extensions – 10 x 12 reps

Leg curls – 10 x 12 reps

Eventually I got to the point where I trained my calves five or six days a week, vastly improving their size and shape, but not until I moved to America and began training at Gold's Gym in Venice did I really start to train calves properly. I trained my calves during a separate workout that consisted of 10 sets of standing calf raises (working up to 1000 pounds for 12 reps) and 10 to 15 sets of donkey calf raises with up to three men on my back. These donkey calf raises were my favorite form of calf training. As I tired and couldn't do any more full reps, one man would jump off. Refreshed by the reduction in weight, I would continue the set until I could barely raise my heels from the floor. Then the second man would jump off, and I would pump out a few reps on my own. These sets made my calves ache like crazy and burst with pump. I grew to enjoy the pain because it meant I had worked my calf muscles to total exhaustion and beyond. They responded immediately and soon became one of my better muscle groups.

One of the basic truths about leg training is that you must squat if you have naturally skinny legs. Hard work on the parallel squat is an absolute must if you are to develop legs that have size, mass, sweep and shape. The squat develops the entire leg, as well as the glutes and lower back. I found heavy squatting really developed my lower back and made it stronger – so much so that I was eventually able to deadlift 700 pounds. Squatting also promotes heavy breathing and expands the rib cage. It improves your wind, your endurance and your overall body strength. It stimulates your metabolism for better weight gain and fat loss. It's the hardest exercise you can do (which is why so many ignore it), but no other exercise gives so much benefit to your physique in so many ways.

Full squats are harder on the knees and involve

more hip and glute than parallel squats. I didn't want overdevelopment of those muscle groups, so I squatted only to parallel. Sometimes I placed a low bench between my legs that stopped me just above parallel. I used the heaviest weights I could. I tried to do as many sets as possible with the maximum weight that allowed for 12 reps. On the last couple of sets my legs were so pumped and so exhausted that I had to lower the weight to keep getting 12 reps.

“ I decided to spend half a year bringing up the overall mass and size of my legs so they'd be in proportion with my arms and upper body.”

On the leg curls and leg extensions I used the heaviest weights I could for sets of 12 reps, resting only one minute between sets to keep intensity high and force lots of blood into the muscle. By the end of the workout my legs would be so pumped and exhausted that I could hardly walk. This routine definitely increased the overall mass of my legs.

With my leg mass much improved, it was decided that I would follow a routine to continue making my legs bigger but also improve the overall shape and bring out more separation, cuts and definition. This routine consisted of the following exercises:

Squats – 1 x 20 (warmup), 10/8/8/6/4 or 5

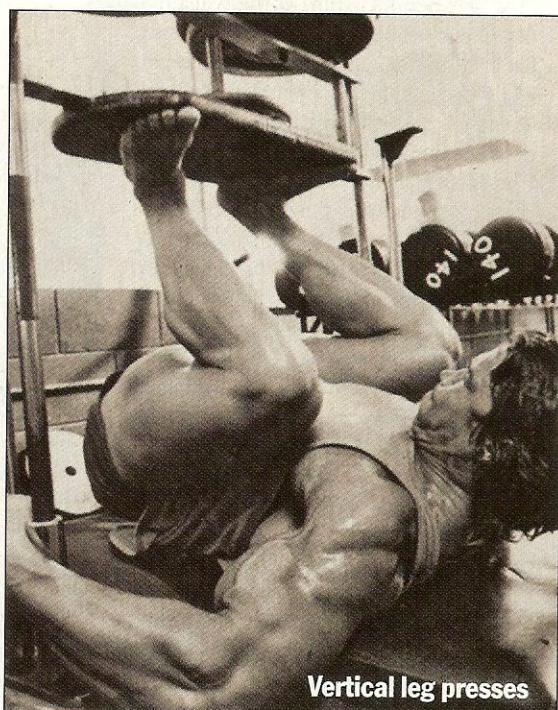
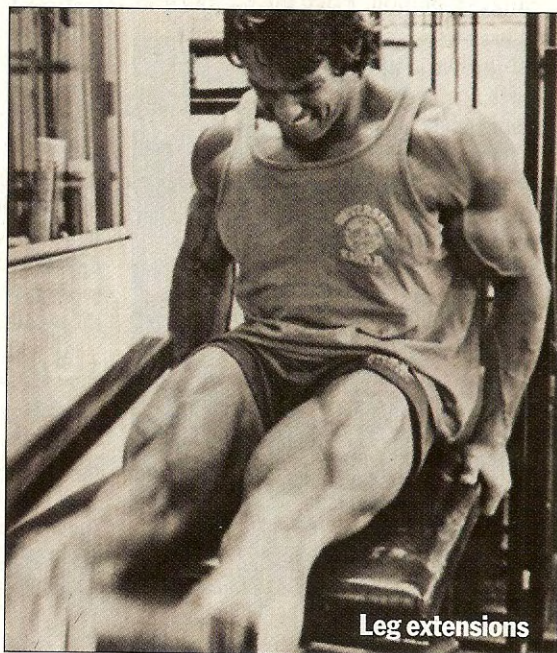
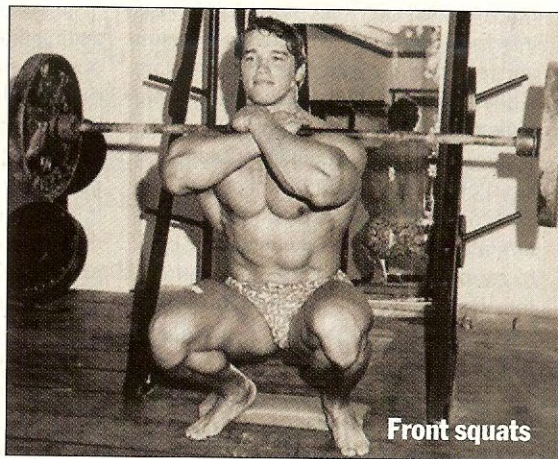
Front squats – 1 x 15 (warmup), 5 x 10

Leg curls – 1 x 20 (warmup), 8 x 12

Vertical leg presses – 1 x 15 (warmup), 5 x 8-10

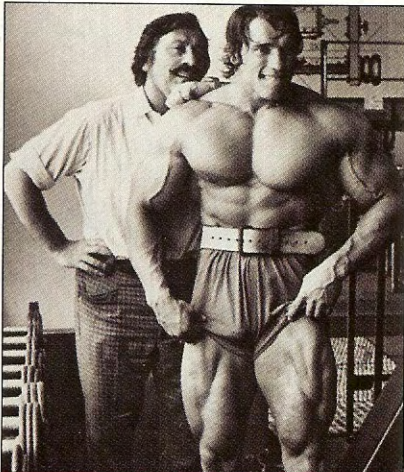
Leg extensions – 5 x 12

Leg curls – 2 or 3 x 12



I did the squats on a 2 x 4 because I found it helped me to keep my balance better and maintain a more upright torso. I wore a belt for extra back support, but I wore knee wraps only on my heaviest sets. The key rule when squatting is to keep your head up and maintain a flat back and an arched lower back throughout the squatting motion. Never allow your low back to round over as you squat or you risk injury to the spine. Rounding the back also stresses the lower back and glutes too much, thus negating thigh isolation.

Preset the lower-back arch at the top before you squat down and lock it in so that you maintain it throughout the entire range of motion. Place the bar on your



Joe Weider checks out the Oak's incredible quads.

shoulders after taking it from the squat rack and bend forward at the waist five or ten degrees while keeping your back flat and straight. This technique automatically presets the necessary lower-back arch. Now maintain this same upper-body position during the complete squat.

Front squats are one of the best exercises for the teardrop muscle above the thigh. Try holding the bar with your hands crossed over it instead of holding it on your shoulders with your wrists bent back. This is another exercise where elevating the heels on a block helps to maintain a more upright torso and isolate the lower thighs better.

I often used to superset the front squat with the leg press to get extra pump in my thighs. This combination forced blood into the thigh muscles and increased the rate of muscle growth. The leg press allowed me to use heavier weights in complete safety and with little stress to my spine or lower back. In turn I was able to use heavier weights on squats, which were my main thigh mass-builder.

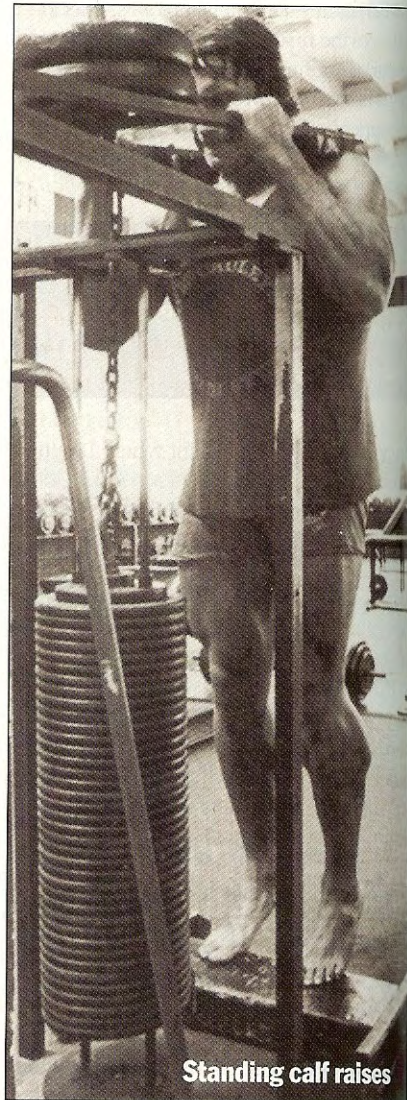
Leg extensions are the best exercise for getting thigh definition and separation without losing muscle size. They especially build the muscles around the knees, which is a hard area to develop. You have to make sure to lift the weight with thigh power only. Do not swing it up and drop it suddenly.

Your goal is pure muscle action and muscle isolation, so use more moderate weights and very strict form. Raise your legs as high as you can and hold at the top to contract the thigh muscles. Then lower the weight slowly and under control. Fight the weight all the way down. If you do extensions properly, your thighs should feel on fire by the final reps.

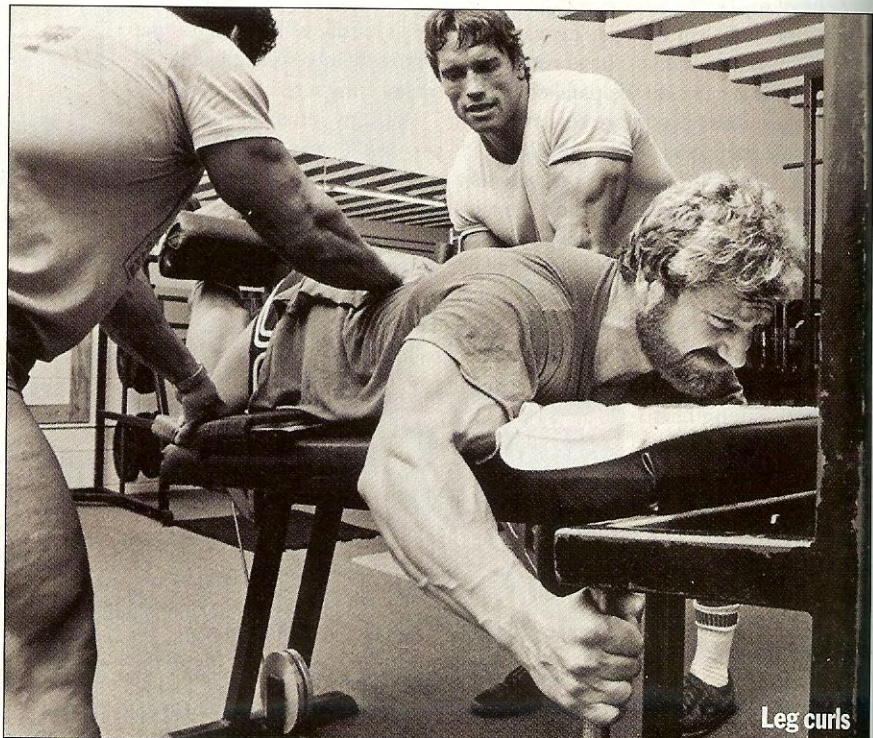
After each set of extensions do some stretching and flexing of the thighs to help bring out cuts and separation. Flexing and stretching help to keep the thighs under tension and increase overall workload.

Leg curls are for the leg biceps, which must be in balance with the quadriceps (the muscles on the front of your thighs). Small, underdeveloped leg biceps make your legs look thin from the side. Your glutes also look too big. The bigger you make your leg biceps, the smaller your glutes will look.

As with the leg extensions, my goal was pure leg-biceps muscle action, not to see how much weight I could swing up using my hips and lower back. You must keep your hips down and lift the weight with leg-biceps power only if the leg biceps are to grow. Raise the weight slowly and then pause to tense and squeeze the muscles. Lower slowly and under control to take advantage of negative resistance. If possible, have your training



Standing calf raises



Leg curls



partner help you with a few extra forced reps at the end of each set.

Doing drop sets – having your training partner remove some weight or set the pin in the weight stack at a lighter weight – is also a fantastic way to train your leg biceps with extra intensity for improved pump. Again, keep rest between sets to no more than one minute. A fast training pace is better for pump and muscle exhaustion.

“ I have learned that to develop superior calves you must use heavy weights, very high intensity and good exercise form.”

Calves must be developed to the maximum if you are to be considered as possessing good legs. They are one of the three key muscle groups of the body, along with abs and shoulders. To show you how important calves are, isn't it true that if you see a bodybuilder in a magazine or at a contest with big muscular thighs but poor calves you think, 'That guy has poor legs? But if you see someone with fantastic calves you think, 'That guy has good legs' – whether his thighs are developed or not. We have all seen people who are obviously not bodybuilders or athletes who have fantastic, huge, diamond-shaped calves but average-looking thighs. It's a genetic gift, yet even when the person has thighs like a stork's legs, you can't help being impressed. That's the positive impression that great calf development has on people in general – including judges.

I have learned that to develop superior calves you must use heavy weights, very high intensity, and good exercise form – i.e. pure muscle action and a full range of motion. You see guys at the gym using the whole weight stack on calf raises, bouncing up and down within a tiny range of motion, but unless you are genetically gifted you will never develop good calves this way. Some guys bend their knees and use a limited range of motion to handle more weight, but this method does not develop the calf muscles either.

It's easy to cheat when doing calf raises. You have to be careful. You can make the muscle burn by cheating, but you do not necessarily get muscle growth. On presses and curls you can do less-than-full reps and still get decent results, but calves are the one muscle that require full reps and very strict form at all times. Cheating on calves only cheats you out of results.

On standing calf raises I always liked to lock my knees and drive my heels down as far as possible until I felt my calves fully stretched and cramped. This technique put my calves under lots of tension. The more stretched and under tension a muscle is at the beginning of the rep, the harder it can contract at the top (this is true for any muscle group, not just the calves). A good tip for doing calf raises is to never start up until you have finished going all the way down. Using calf strength only, push up until you're on your toes, almost like a ballet dancer.

At the end of the set, when full reps are no longer possible, do some partial reps to extend the set and give the calves extra burn and pump. Do at least 5 sets of 12 to 20 reps. If your calves are especially underdeveloped, do 8 to 10 sets or until you can't do any more.

The donkey calf raise was my favorite calf exercise because the calves were naturally under tension from the start of the movement. When you lock your knees and bend at the waist, the hamstring muscles – which attach beneath the gastrocnemius muscles, below the knees – stretch hard, pulling the calves up and putting them under stretch and ten-

sion. You instantly feel a very strong stretch in the calves – even in the top position. Lowering the heels far down dramatically increases the stretch on the calves even more. (Make sure you stand on a calf block four to six inches high for maximum stretch.) Do each set until failure and your calves will respond.

Remember, you walk on your calves every day, so train them every day for best results. If they feel sluggish or under-recovered between workouts, take a day off. Let your body tell you when you need that extra day off and when you need to bomb your calves extra hard.

CONCLUSION

If you can master leg training, not only can you control your own body and create the kind of physique you want, but you can also master anything in life, overcome any adversity, and be a successful person both in and out of the gym. You can do anything! Anything you will, anything you set your heart on, you can achieve with confidence because of your mastery over your mind and your body. That's a good feeling to have. I can assure you of that. 🗨️



Donkey calf raises

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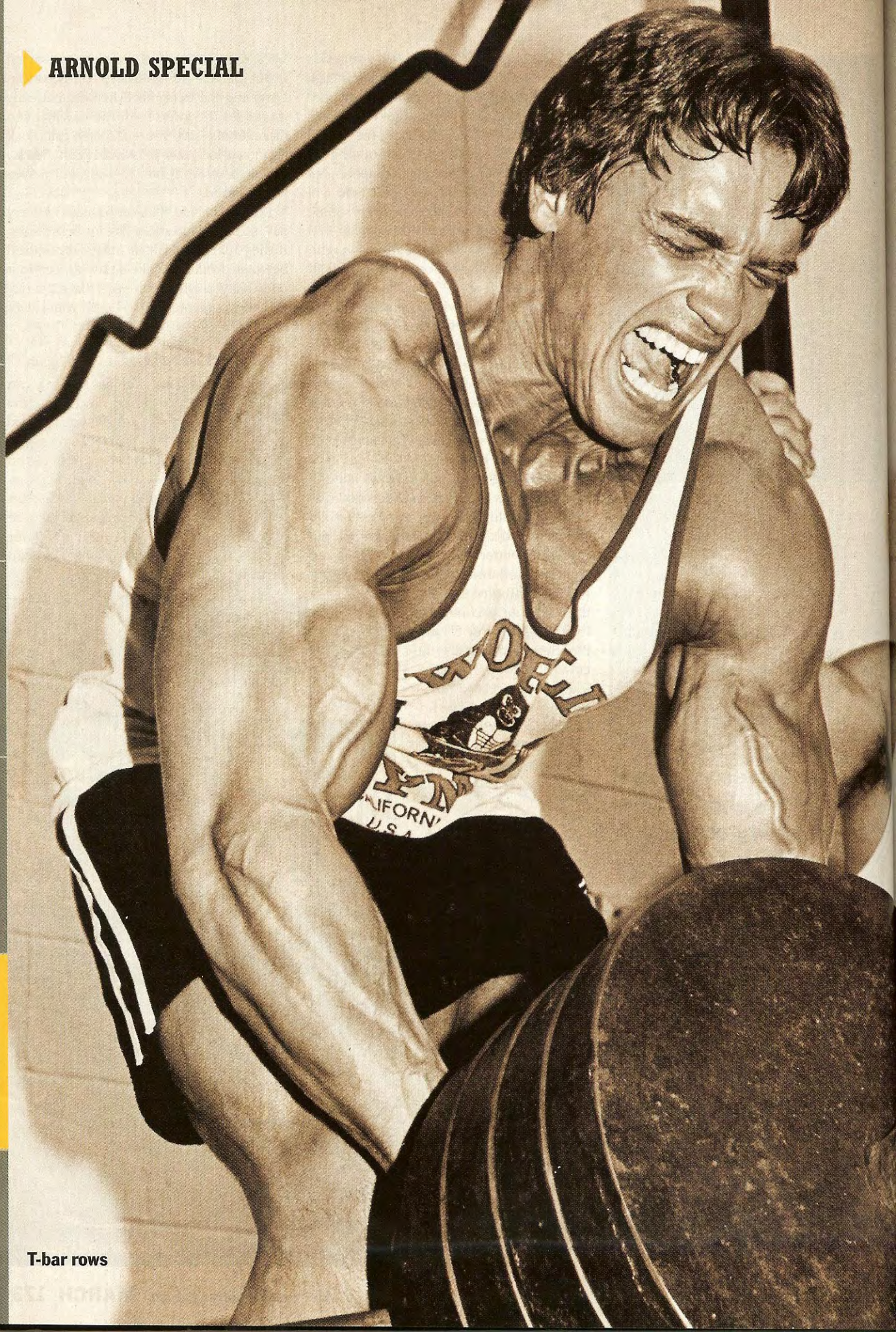
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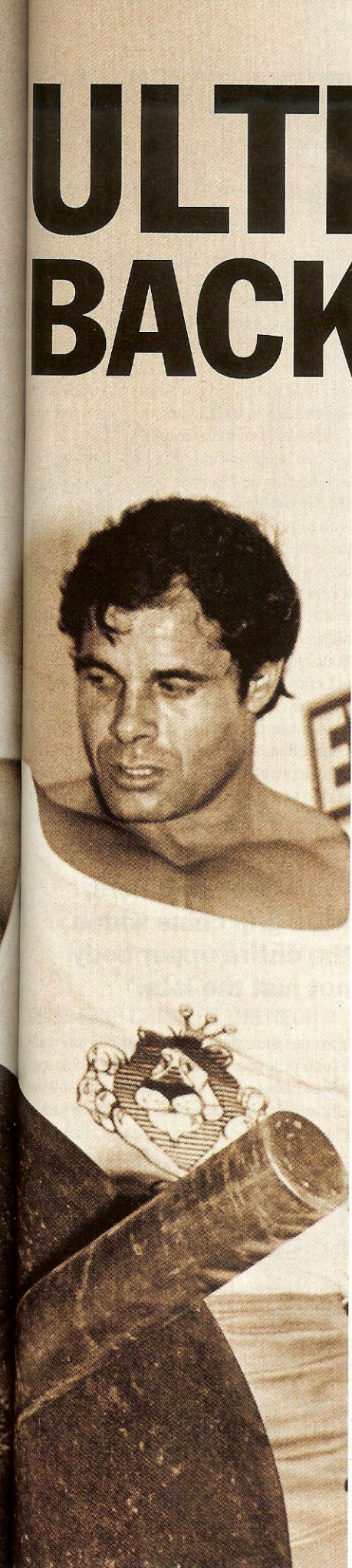


T-bar rows

ULTRA-WIDE BACK BUILDING

Arnold talks total back training

Photography: Art Zeller



Developing your back to the maximum is an absolute necessity if you intend to have a massive upper body, because that's where the largest muscles of the upper body, the latissimus dorsi and the trapezius, reside. Your back makes up almost one-third of your entire body. Needless to say, bodybuilders who ignore their back, or never learn to train it properly so it remains underdeveloped, are no different from those who neglect their legs. They just never get the whole package together, making maximum body mass with proper symmetry and proportion an impossibility.

Don't forget that half of a 50-inch chest is back development. You may have fully developed pecs, but if your back is thin or your lats lack width, you'll never stretch the tape past 50 inches. A very close relationship exists between the chest and back. That's why I often preferred to superset these two bodyparts.

The back is an amazingly complex structure. Besides the very large muscle groups like the trapezius (traps), latissimus dorsi (lats), and the spinal erectors of the lower back, the back also contains a number of small muscle groups, such as the teres major and minor, the rhomboids major and minor, the infraspinatus and supraspinatus, the longissimus dorsi and spinalis dorsi, and the levator anguli scapulae, to name some of the better-known ones. But the list doesn't stop there. Multiple layers of muscle comprise the back – five, actually – and all must be developed if you hope to ever have true thickness and density.

Next to the legs the back is the main seat of power in the body. The lumbar and spinal erectors can lift very heavy poundages. So can the lats and traps. A bodybuilder with a weak lower back will never squat heavy weights. Neither will he be able to handle as much weight on such basic exercises as deadlifts, cleans, bent-over rows, T-bar rows and overhead presses. He'll be limited by the amount of weight his lower back can handle, not by the strength of his legs, arms or shoulders.

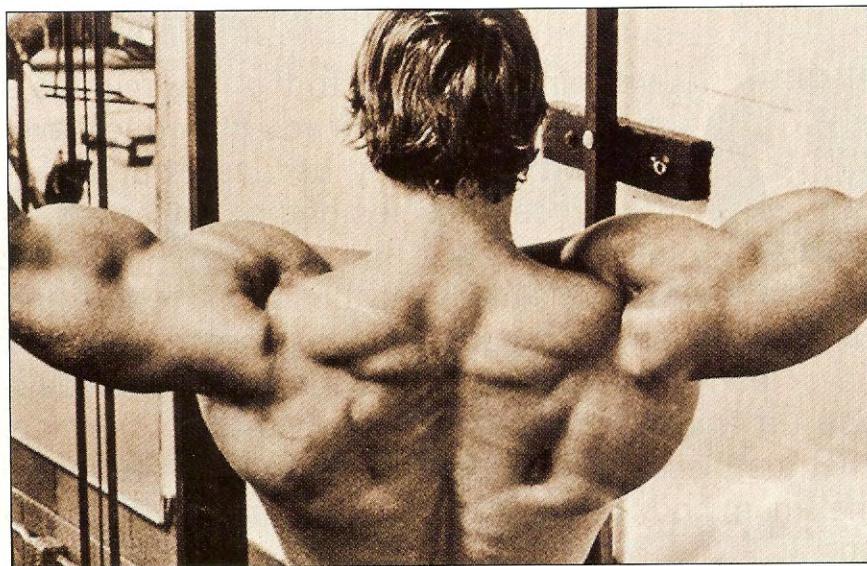
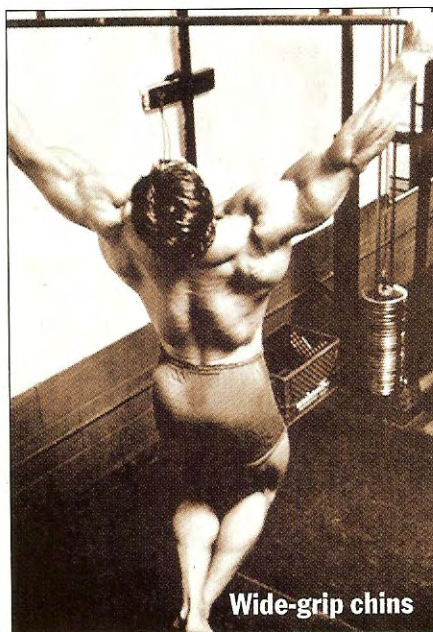
A strong back is a great aid for athletes of other sports, as well. Regardless of whether you play football, basketball, baseball, volleyball, soccer or hockey, or whether you're a boxer, wrestler, golfer, tennis buff or mountain climber, a strong back and good lats will make you a stronger athlete, help you perform better, and make you less prone to injuries.

MY FAVORITE LAT & BACK EXERCISES

WIDE-GRIP CHINS TO THE FRONT

These chins not only widen the lats, they also widen the shoulders by working the entire shoulder girdle. The scapulae (bones at the back of the shoulders) can be stretched, spread apart and made wider. The wide-grip chin is one of the very best exercises for widening the shoulders and creating the potential for more upper-back width and flaring lats.

I suggest you do wide-grip chins first in your routine, when you are strongest. If you do them after you have already done some pull-downs and rowing exercises, your arms will be too exhausted to get many reps. If you find you are too weak to chin yourself for sets of 10 reps, set a goal of 30 chins per lat workout. If



upon your size. (A man 6'5" has to grip wider than a man 5'5".) This will be the point at which the bar begins to bend for most men on most commercial chinning bars. Experiment to find the grip width that allows you to stretch and work your lats the best.

Use straps or sponges to reinforce your grip so that your hands do not slip. The biceps tend to take over whenever you're doing chins, pull-downs or rowing exercises, so try to eliminate the biceps from chinning as much as possible by using an overhand thumbless grip – i.e. the thumbs are on the same side of the bar as the fingers. The more you hold the bar in the palms of your hands and the less in the fingers, the less active the biceps will be in the exercise.

Wide hand spacing promotes constant tension on the lats because you can't lock your arms out even hanging at arms' length. This is an important point, as the arms should not straighten completely. There should always be a small amount of bend in the elbows for best lat-building results.

Keep your chest expanded and arched high, and your shoulders down and back. Your lower back should be arched (concave, not convex) throughout the exercise. Never let your chest collapse or your lower back round. Use a full range of motion and lower yourself as far as possible to give the lats a good stretch. Then pull your body up in one smooth action until your chin is over the bar. Don't kick with your legs or pull

“ By ‘pulling out’ the shoulders, wide-grip chins widen the entire upper body, not just the lats.”

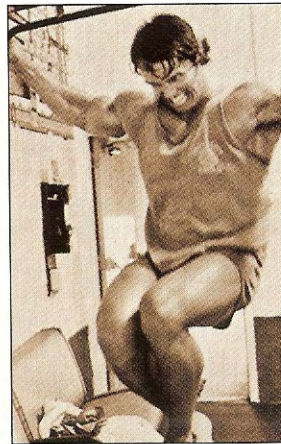
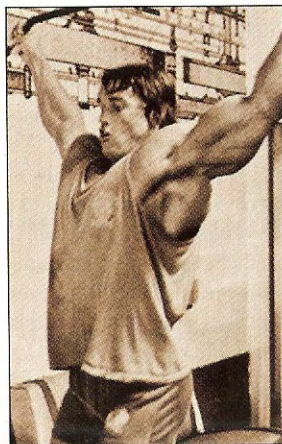
you have to do 15 or 20 sets to get those 30 reps, so be it. Eventually, though, as you gain strength and development, there will come a time when you can get those 30 reps in only a couple of sets. By that time your lats should have improved tremendously in size, mass and width, and your entire upper body should look more impressive and V-tapered.

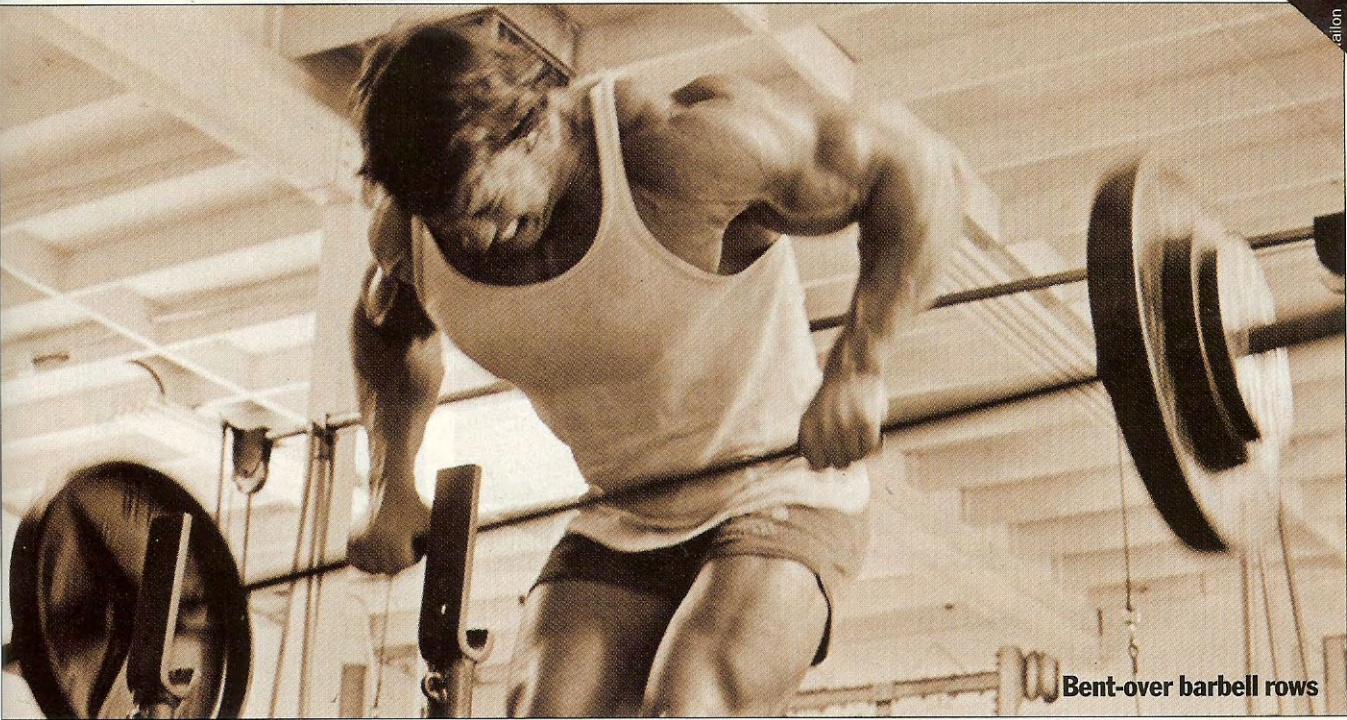
When doing 30 reps becomes possible in 2 sets, increase your chinning goal to 50 reps. You might need 10 sets to get those 50 reps at first, but, believe it or not, eventually it shouldn't take more than 2 or 3 sets. At this point you are strong enough to do sets of wide-grip chins with extra weights attached to a chinning/dipping belt around your waist. That's when your lat development and upper-body width will really improve. When you can do 10 chins with 50 pounds attached to your

body, you will not recognize your lat development or your shoulder width.

For wide-grip chins, place your hands over the bar anywhere from five inches to a foot outside your shoulders, depending

from the shoulders. Force your elbows wide as you pull yourself up, and feel your scapulae and lats spread wide. At the top pull the elbows down, back and in to your sides. Pause to tense and squeeze the lats. Then





Bent-over barbell rows

lower slowly back to the starting position to take advantage of negative resistance. Do not just drop.

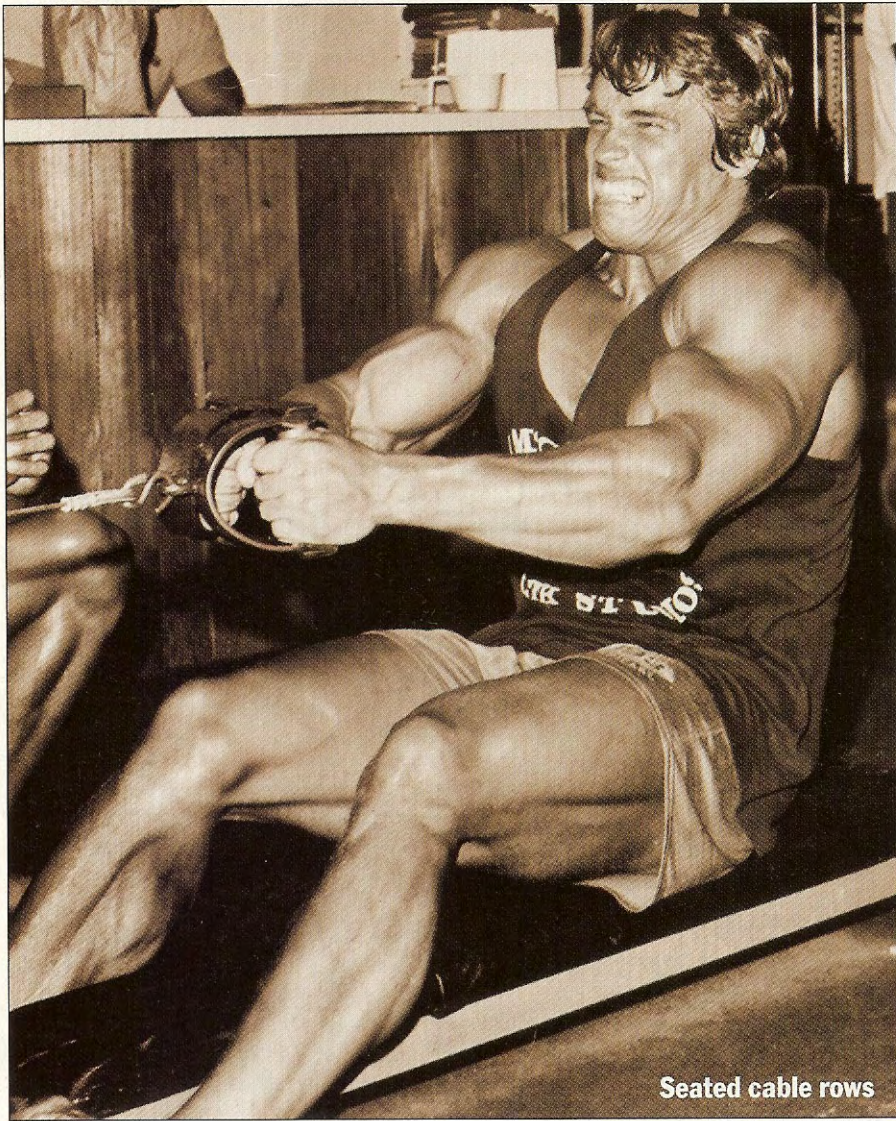
When you can no longer do full reps, do as many half-reps as possible to keep extra tension on the lats. These “burn reps” add extra musclebuilding power to your sets.

Do 5 sets of as many reps as possible. When you can do at least 3 sets of 10 reps with bodyweight, add extra weight through the use of a chinning/dipping belt, and do some heavy sets of 6 to 8 reps. Altogether do 5 sets of as many reps as you can manage – a couple with bodyweight only and the remainder with extra weight.

WIDE-GRIP CHINS TO THE NECK

Wide-grip chins can also be done to the neck, as well as the front. The wide-grip chin to the neck is purely for lat width. It puts tremendous pressure on the scapulae, spreading and stretching them apart while working the outer fibers of the lats.

Hang from a chinning bar using the same wide thumbless grip as in the wide-grip chin to the front. Try to keep your fingers out of the grip as much as possible. Again use straps or sponges to reinforce your grip. Without kicking with your legs, smoothly pull your body up to the bar. Duck your head under the bar and touch your traps and neck to it. Hold for a count of two to tense and squeeze your lats and upper-back muscles. Imagine you are doing a rear double-biceps pose. Try to force your elbows wide as you go up and then down and back at the top for better lat contraction. Then slowly lower your body back to the starting position, feeling the lats



Seated cable rows



Known as "Arnold Strong," the young Oak could deadlift over 700 pounds.

stretch all the way. As you lower, force your elbows wide to stretch and pull out the scapulae.

Do 5 sets of as many reps as you can. If your shoulder girdle is especially narrow (or if you are wide-hipped) you should plan to do wide-grip chins to both front and back for maximum upper-body width. Start with 3 sets of each exercise, aiming for as many reps as possible each set. Over time work up to 5 sets per exercise. When you get to the point at which you are doing about 100 wide-grip chins per workout, your shoulders and lats should be dramatically wider and your V-taper vastly improved.

TRIANGLE-BAR CHINS

This is a great exercise for the lower lats. It also strongly works the serratus. Hook a triangle bar over a chinning bar. The handles of the triangle bar force you to use a close grip, which works the lower lats, lengthening them. As you pull yourself up, lie back and try to touch your mid-abdominal area – not your chest – to the bar. Keep the action smooth and do not kick with your legs. Lower all the way down for a good stretch. Doing 5 sets of as many reps as possible will work wonders on your lat length.

BENT-OVER BARBELL ROWING

Do this exercise for lat and mid-back thickness. Take a shoulder-width overhand grip on the bar. For a greater range of motion, do bent-over rowing standing on a block or a bench. Keep your head up, your knees flexed, and your lower back arched (concave – never let it round). Bend at the waist so that your upper body is parallel – or just slightly above parallel – to the floor. I always tried to keep

my back straight so that my lats did the work. Keep your glutes lower than your torso as you row the bar. Do not duck your head down and drop your chest to meet the bar as you pull it up because this action raises the glutes. When that happens your back rounds over. You can't contract the lats with a rounded lower back, so good form is essential. Stay down over the bar and row it smoothly in to your abs, not to your chest. Five sets of 6 to 10 reps of bent-over barbell rows, pyramiding up in weight each set, will do the job of building slabs of muscle on your back.

T-BAR ROWING

One of my favorite thickness exercises, this one adds thickness to the outside and lower lats. Use the same form as for barbell rowing: knees flexed, head up, back straight and slightly above parallel, and lower back arched. Keep the glutes below the level of the torso throughout the set, and keep the torso down and over the bar. Do not stand up with the weight. It's a row, not a deadlift!

You need to get a full range of motion to give the lats a good stretch and a good contraction. Use a weight that allows 5 reps in good form without excessive heaving or cheating. Then with some extra body motion do another 5 reps. You can involve some rhythm, but always try to get that contraction at the top and a stretch at the bottom. Do 5 sets of 6 to 10 reps, pyramiding up in weight each set so that the last set is the heaviest.

SEATED CABLE ROWING

For mid-back and lat thickness I preferred to use a triangle bar in a close, parallel grip. To start, reach forward and grab the bar. Keep some bend in your knees. The foot brace should be set back far enough that the plates of the weight stack cannot



touch when you extend your arms. Let the weight pull your body forward until your chest is over your thighs. At the same time maintain a concave arch in your lower back. Do not let it round over. Feel the stretch in your lats. As you are pulling the bar in to your midsection, sit up until your torso is perpendicular to the floor.

Arch your chest and drop your shoulders as the bar hits your abs. In the fully contracted position your lower back should be arched, not rounded. Many people just pull the bar to the stomach but keep their shoulders rounded and their chest flat. This style is wrong because the lats cannot contract in this position.

LAT PULLDOWNS BEHIND THE NECK

This is another good exercise for lat width. Sit beneath the overhead pulley so that you can pull the bar straight down to your traps. Make sure your thighs are wedged beneath the thigh bar. Choose a wide, overhand grip, using straps or sponges to reinforce it. Pull the bar smoothly down to your traps. As it hits the traps, pull your elbows down and back as far as possible. Pause for a second or two to squeeze and contract your lats, and then slowly return

to the overhead position, feeling the stretch in your lats all the way. Your elbows should not lock out at the top. There should always be a bit of bend in the elbows to keep constant tension on the lats.

As the reps get harder, you can use a bit of body motion to help drive the bar past the sticking point, but always try to get half your reps in good, strict form. If you lose the feel of the muscle – or all you feel is your biceps – the weight is too heavy. Do 4 sets of 8 to 15 reps.

CROSS-BENCH DUMBBELL PULLOVERS

This is a great compound movement for the lats, rib cage, serratus, triceps and pectorals. It is done across – not along – a flat bench. Lie so that your shoulders are on the edge of the bench with your head hanging free. Hold a moderately heavy dumbbell over your chest at arms' length. The arms should be 98 percent straight. Just a slight bend in the elbows

takes strain off the elbow tendons. Try to keep your hips and legs lower than the level of the bench.

Take a deep, exaggerated breath to fill your lungs with air and to expand your rib cage to

the maximum. Lower the dumbbell as far behind and below your head as possible. Exhale as you pull the weight back over your chest.

A little trick I used to give my lats and rib cage extra stretch was to drop my hips at the bottom of the movement when the dumbbell was in the low behind-the-head position. You feel a strong pull on the lats when you do this. Do 4 sets of 12 to 15 reps.

LAT STRETCHES

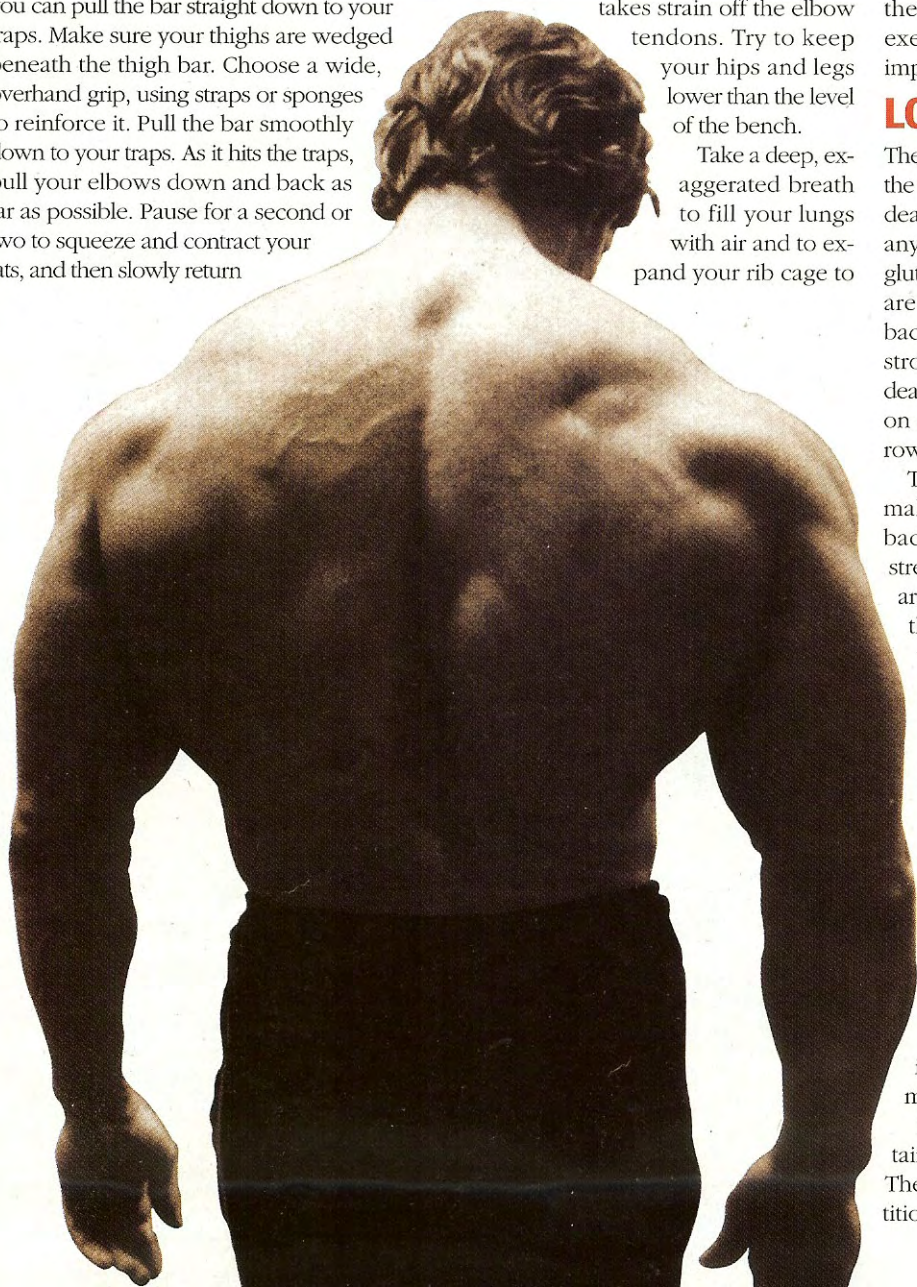
I learned early in my career that regular lat-stretching quickly increased lat width and flexibility. While standing next to a vertical pole, your feet at the base of the pole and your hands gripping the pole at lower chest height, lower your body backwards until your lats are at full stretch. Then pull back to the starting position while spreading and flexing the lats until you touch the pole with your chest. Repeat for 12 reps. I always did these stretches after every 2 sets of back exercises to keep the lats pumped and to improve their sweep.

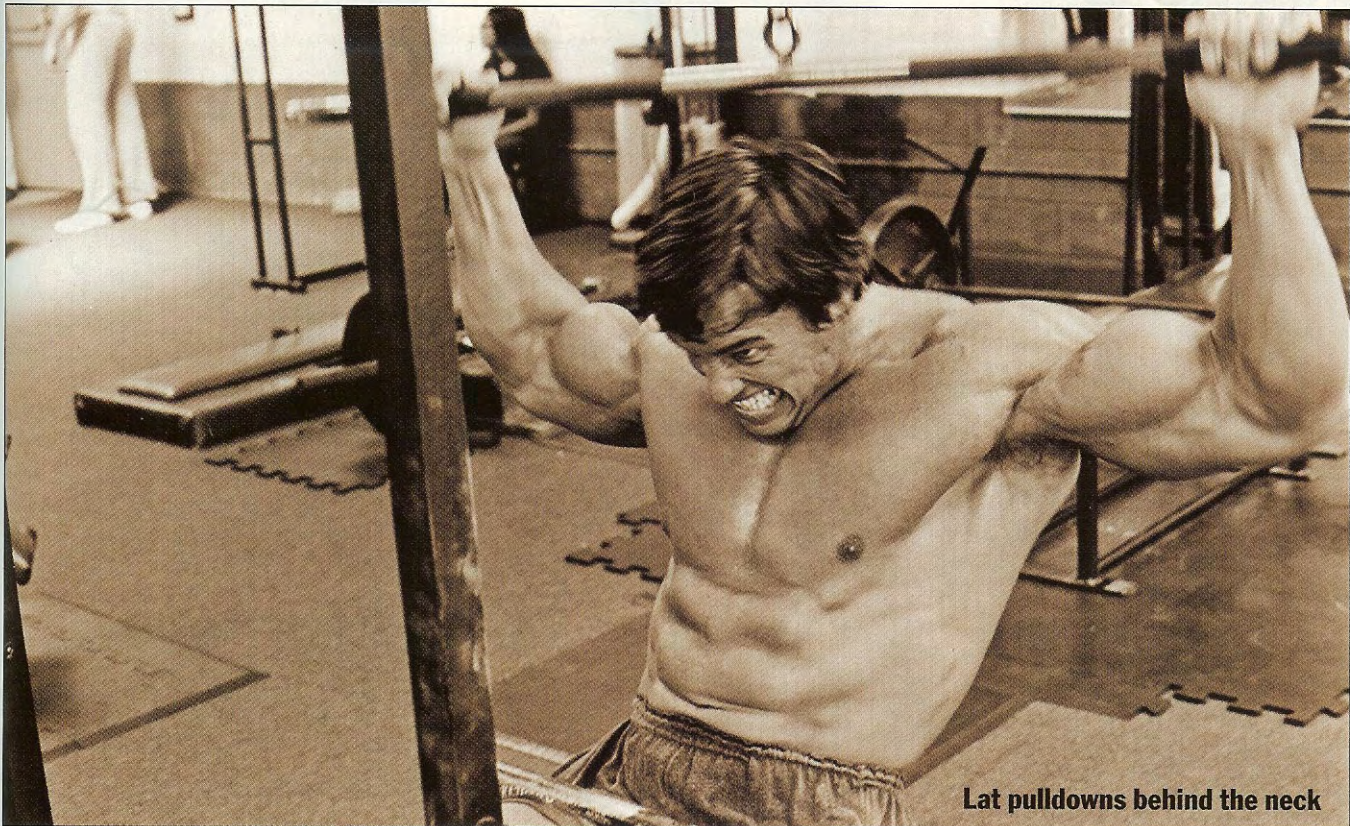
LOWER BACK

The most basic exercise for the lower back is the deadlift. When done with heavy weights, deadlifts involve more muscle groups than any other exercise. The traps, upper back, glutes, hamstrings, thighs, forearms and grip are all used in deadlifting. Deadlifts build back thickness and overall body power. A strong lower back developed from heavy deadlifting will allow you to use more weight on squats, T-bar rows, bent-over dumbbell rows, and standing overhead presses.

The most common mistake I see people make when deadlifting is rounding their backs and pulling up with too much arm strength instead of keeping the lower back arched (concave), the back flat, and using the legs, glutes and lower-back muscles to help drive the weight up. To do a proper deadlift, stand over a barbell loaded with the weight you plan to use. Bend your knees, lean forward, and grasp the bar with a medium-wide grip. With your stronger arm, hold the bar with an underhand or curl grip. Use an overhand grip with your weaker arm. Keep your head up and your back flat. A rounded back invites injury. Begin the lift by driving with your legs. Straighten up, and then at the top of the movement throw your chest out and shoulders back. You should be standing erect with the bar at arms' length at mid-thigh height.

Lower the bar under control while maintaining a flat back and arched lower back. Then mentally get ready for the next repetition. Do about 4 sets of 4 to 8 reps.





Lat pulldowns behind the neck

Here's a good routine for the beginner:

Wide-grip chins – 3 x as many as possible
 Bent-over barbell rows – 1 x 10/8/6
 Deadlifts – 1 x 10/8/6

Light pullovers can be done with squats as a superset to expand the rib cage and stretch the lats and serratus.

Here's a good routine for the intermediate:

The intermediate would benefit from one extra set per exercise and one extra lat exercise (for a total of three instead of two), chosen according to which need is greater – more width or more thickness.

Wide-grip chins – 4 x as many as possible
 Bent-over barbell rows – 1 x 10/8/6/6

If more thickness is needed:
 T-bar rows – 1 x 10/8/6/6

If more width is needed:
 Lat pulldowns – 1 x 12/10/8/15
 Cross-bench pullovers – 3 x 12-15
 Deadlifts – 1 x 10/8/6/6

COMPOUND SUPERSETS

A compound superset is two exercises for the same bodypart done without rest. Compound supersetting for the back is very grueling work, but it really brings out detail and muscularity. It is thus ideal for pre-contest training. You can also use compound supersets for hardening up and getting more cut for the summer.

Don't expect to use as much weight when doing compound supersets as you would normally. Your biceps will quickly become fatigued and congested, making the use of heavy weights temporarily impossible. Don't

worry. Train for a massive pump and a deep ache and burn. Weight used is of secondary importance in this kind of training.

ROUTINES

The back is too complex and too big to be properly worked with only one or two exercises. Even a beginner must do at least one exercise for the lower back, such as the deadlift, and two for the lats. Why two? One for width and one for thickness. Wide-grip chins and bent-over barbell rows are the two most basic width and thickness exercises for the lats, so these are exercises all bodybuilders should do. ❖❖

Here's a good routine for the advanced:

The more advanced bodybuilder should pick two lat exercises for width and two for thickness.

T-bar rows – 1 x 10/8/8/6/6/10
 Seated cable rows – 1 x 10/8/8/6/6/10
 Lat pulldowns – 1 x 12/10/8/8/8/15
 Cross-bench pullovers – 3 x 12/8/15

One-arm dumbbell rowing, one-arm cable rowing, close-grip pulldowns and straight-arm lat pulldowns could be substituted from time to time to avert boredom and to prevent the body from adapting to any particular exercise routine.

Here is a good compound superset routine to try:

Superset:

Wide-grip chins – 4 x as many as possible
 Bent-over barbell rowing – 1 x 12/10/8/6/6

Superset:

Lat pulldowns to the neck – 4 x 10
 T-bar rowing – 1 x 12/10/8/6

Superset:

Close-grip chins or close-grip pulldowns – 4 x as many as possible
 Seated cable rowing – 1 x 10/10/8/6/15

Superset:

Cross-bench dumbbell pullovers – 4 x 12-15
 Lat stretches – 4 x 12-second holds

▶ **ARNOLD SPECIAL**

MOTIVATION

CHEST

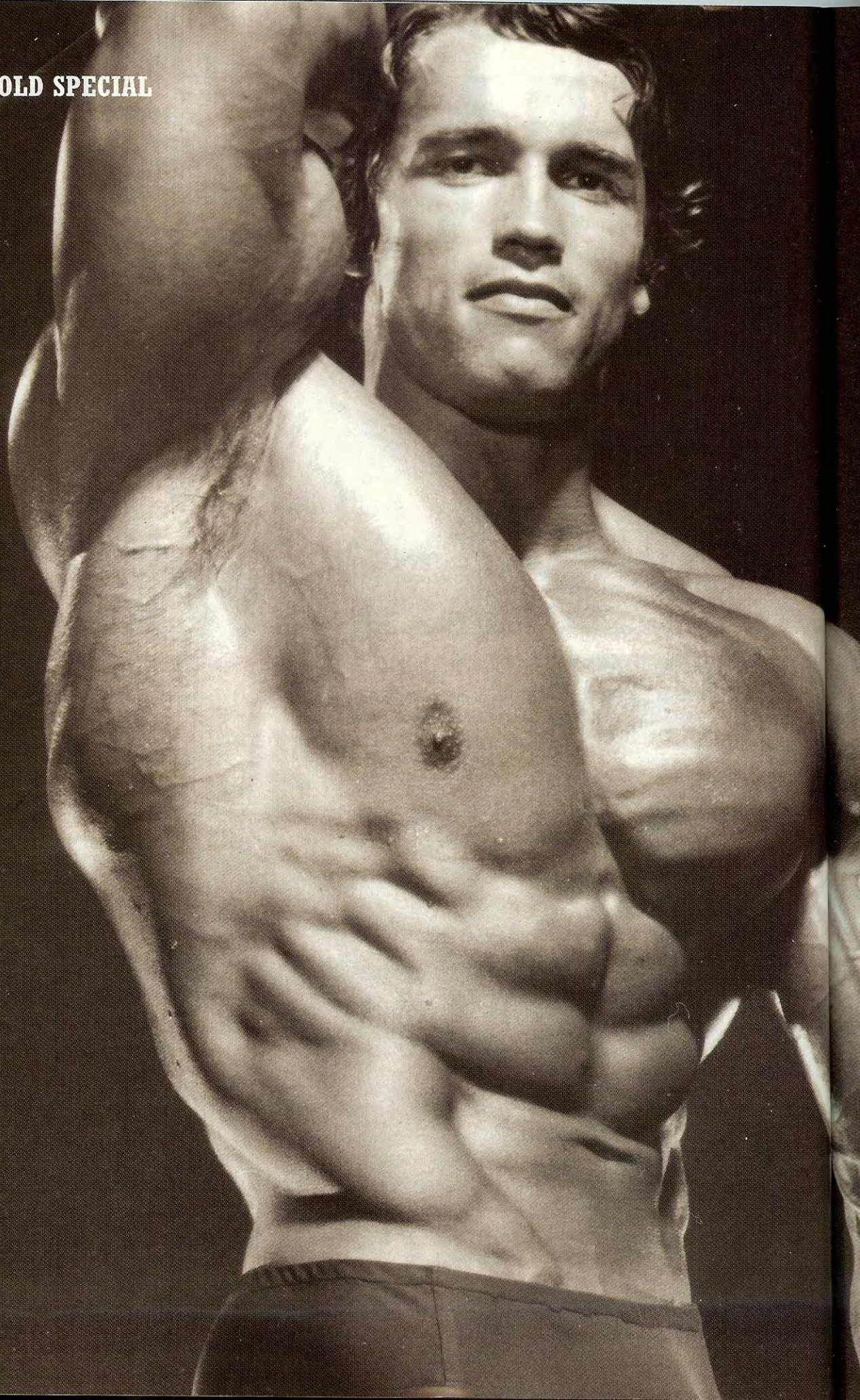
DELTS

ARMS

LEGS

BACK

ABS



OPTIMIZE YOUR ABS

Arnold explains how to carve and polish the midsection

The majority of bodybuilders are obsessed with developing the showy muscles, such as the arms, pecs and shoulders. Almost certainly they spend most of their training time developing the major muscle groups: lats, pecs, quads, hamstrings, delts, traps, biceps, triceps and calves. The abdominals are usually done almost as an afterthought.

A few sets of crunches, reverse crunches or situps are performed at the end of a workout, but without much energy or enthusiasm. Rarely are the abs trained with the volume of sets or intensity that other

includes the rectus abdominis, the intercostals and the obliques, should be exercised regularly. Nothing improves the shape of your body or overall appearance faster than reducing the size of your waistline, flattening your stomach and developing your abdominals. Muscle mass is important, but without good shape and definition muscle mass means nothing. Who impresses people most at the beach, a big guy with 20-inch arms and a 55-inch chest but also a big pot belly and fat hips and glutes, or a smaller man with 17-inch arms, a 45-inch chest but a tiny wasp waist, rippling abs, and a superdefined muscular

“Without good shape and definition, muscle mass means nothing.”

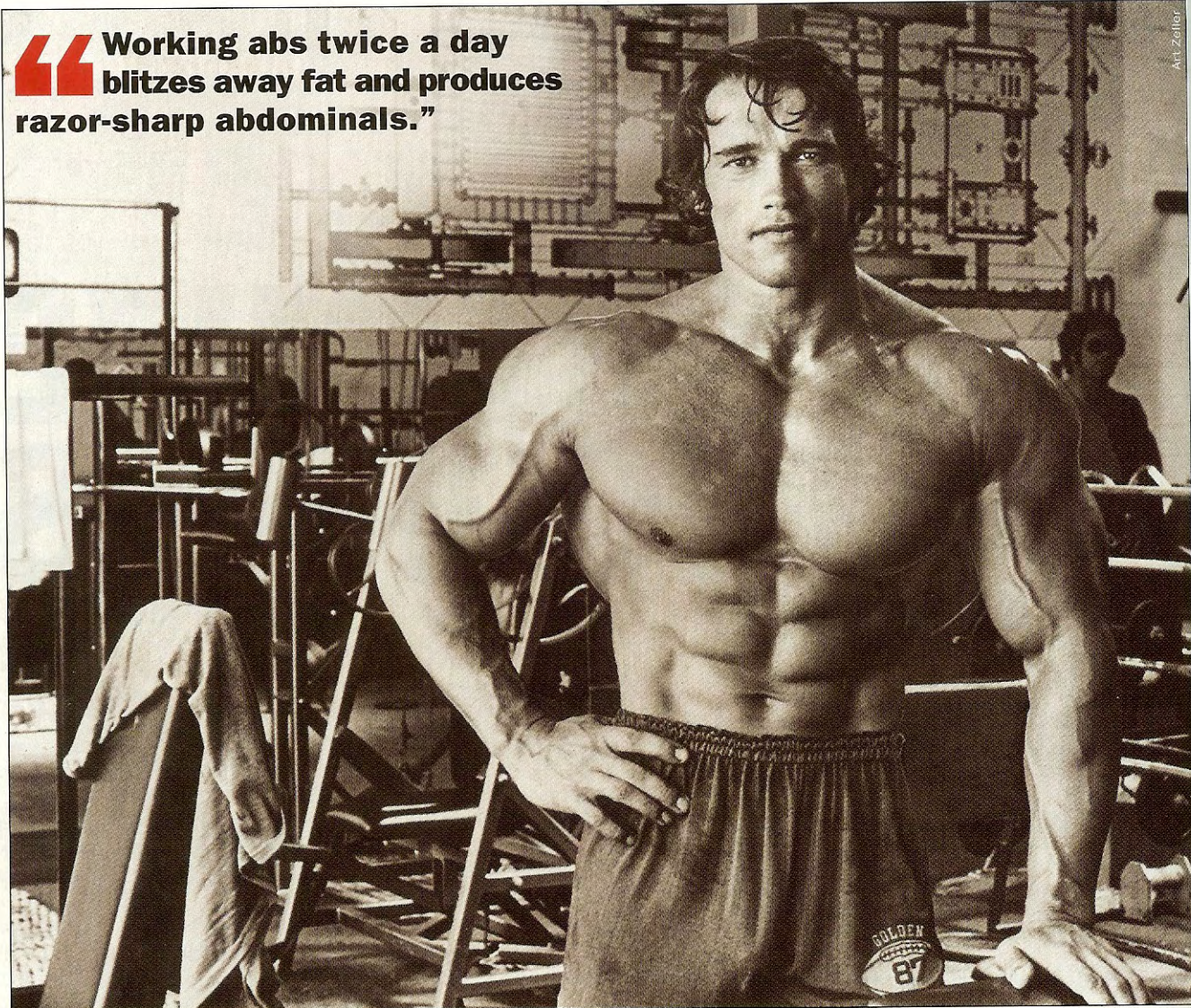
muscle groups receive. This is a common mistake and the reason most bodybuilders' abs are not in great shape. The truth is, if you want great abs you have to work hard to get them. Nothing comes easily in bodybuilding, but what satisfaction you feel when you finally see a great six-pack!

Whether you are a competitive bodybuilder or just someone who wants to look good, sharply defined fat-free abdominals are an absolute must for optimal appearance. The entire abdominal region, which

body? As a big guy myself I'd like to be able to say the bigger man, but that isn't true. The guy with the good abs and defined body is the one who gets all the attention.

People associate a small, tight, flat stomach and hard abdominals with athleticism and physical well-being. When someone asks you how big your muscles are, what do you do? You flex your biceps. But when someone asks you if you're in shape, what do you do? If you truly are in

“ Working abs twice a day blitzes away fat and produces razor-sharp abdominals.”



Art Zeller

shape you show your abs. If you are not in shape, and have a fat stomach, you mumble something about being late for an appointment and get away as fast as you can.

Unfortunately, the training methods and diet that best develop mass are often the complete opposite of what are needed for shape and definition, and vice versa. A limited number of exercises per bodypart, heavy weights, low reps, and long rest periods between sets are best for mass, while a greater variety of exercises per bodypart, more moderate weights, higher reps, and shorter rest periods between sets – i.e. quality training – are best for shape and definition. A diet high in protein, carbohydrates and fats, with lots of calories, will help you gain mass and bodyweight. A specialized diet high in protein, low in carbohydrates, and moderately low in fats and calories will help you lose bodyfat and increase definition. So what's a bodybuilder to do? What is the solution to this quandary? I recommend

that you devote the fall, winter and early spring to mass training, and the rest of spring and summer to definition training. That way every year you will be adding more and more muscle mass to your physique while improving shape and definition too.

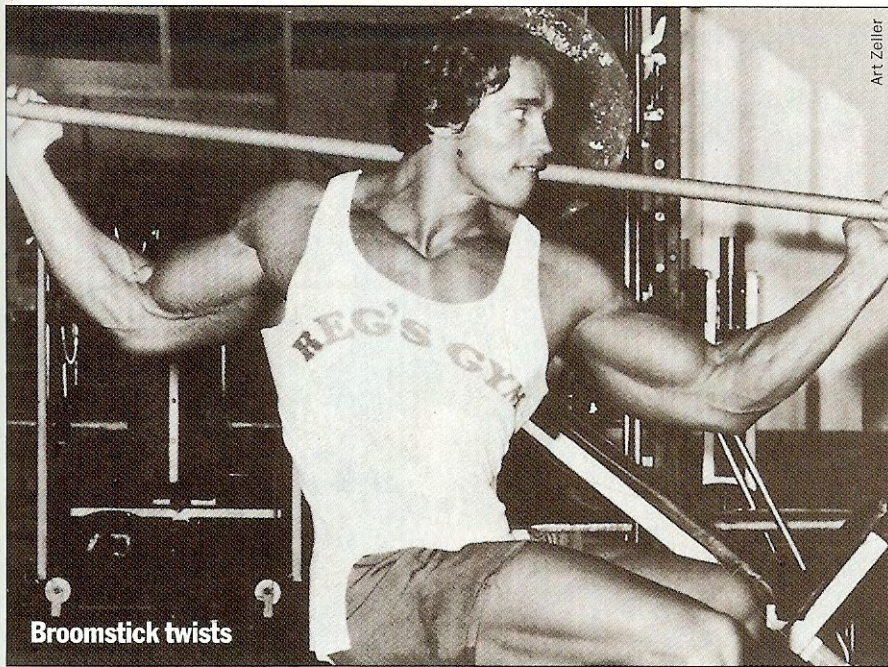
ABOUT ABS

I think a beautifully shaped midsection is the most immediately impressive part of the male anatomy. Having a small, tight, muscular waist is the key to possessing a quality physique. No other single muscle group makes your body look so impressive. A great set of abs changes your whole appearance. Suddenly your shoulders and lats look wider, your pecs and delts look bigger, and your V-taper improves. Your legs and upper body look bigger and more impressive when you reduce the size of your waist and develop rock-hard abs.

Well-sculptured, highly defined, jewel-like abdominals not only give the entire physique a more polished and finished

appearance – essential if you hope to ever do well in bodybuilding competition – but they are also a barometer of your physical condition. They indicate how low or high your bodyfat levels are. They let you, and other people, know instantly if you are in shape. When your abs are well defined and fat-free, the rest of your physique is in muscular condition too. If your abs are covered with a layer of fat, however, it is a sure bet that you are not in good condition and are smooth everywhere. You cannot have fantastic washboard abdominals if you are not in shape.

I believe in doing some abdominal exercises every training day – or at least six times a week. When I was really in a hurry to get my midsection in shape, I worked abs twice a day. This double training blitzed away fat and produced razor-sharp abdominals quickly. Some people claim they don't have time to train abs twice a day, but a few sets after you wake up in the morning and a few sets before bed should be possible for anyone. If you truly are strapped for time, try doing a couple of ab



Broomstick twists

Art Zeller

exercises at the beginning of your routine each day and then finish with a few sets at the end of the workout.

My approach to ab training has always been to work them hard and fast. Most top bodybuilders rest only for a few seconds between sets, or take no rest at all, by doing their ab exercises in supersets, trisets or giant sets. This method causes an intense burn in the abs and helps to burn off fat while developing the abdominals and intercostals at the same time. Nonstop workouts create an aerobic effect for overall bodyfat reduction too.

Page 188 shows the type of routine I used in precontest training to get my abs sharply defined and fat-free.

HOW I PERFORMED MY AB EXERCISES

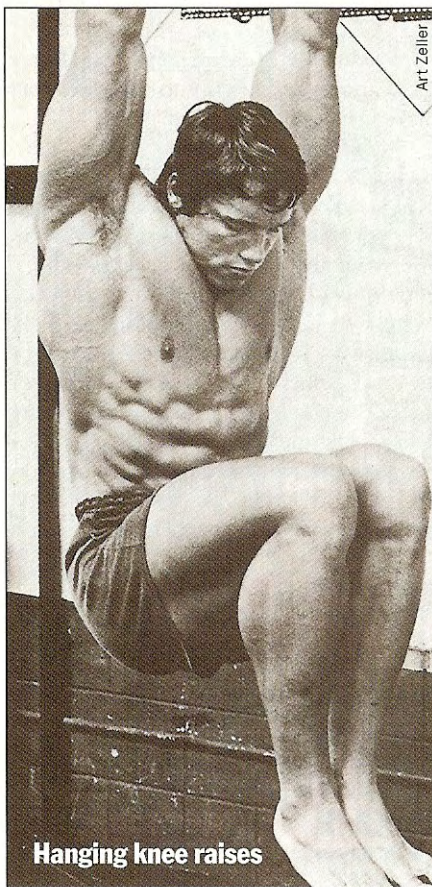
ROMAN-CHAIR SITUPS

This exercise strongly works the upper abdominals. Over his career Zabo Koszewski must have done millions of them, and he probably won more Best Abs awards than anybody. I often began my ab workouts with 10 minutes of nonstop Roman-chair situps. They not only worked my abs, they also served as a good warmup for my entire body. Don't forget that your entire body is under tension when you do Roman chairs, so they work almost like isometric posing.

To do Roman-chair situps properly, sit on the Roman-chair bench and hook your feet under the supports. Cross your arms over your chest or fold them in front of you. Keeping your stomach sucked in, lower yourself back to approximately a 70-

degree angle. Do not lower until your torso is parallel to the floor because you'll take the stress off the abs and put it on the hip flexors and lower back. You want to maintain an arch in the lower back, not let it round. The 70-degree position lets you maintain constant tension on the abs.

Inhale as you lower your body back and exhale as you come up to the finish posi-



Hanging knee raises

Art Zeller

tion. Pause at the top to tense and squeeze your abs. Then lower under muscular tension to begin another rep. Concentrate deeply on crunching your abs to increase contraction. To make the exercise more intense, try placing a block under the front of the bench to create more of an incline.

Although I listed my sets and reps as 4 x 25 to 50, in truth I normally did Roman chairs for time. I'd go nonstop for 10 minutes and do as many as I could. Once I had completed the Roman chairs, I would do sets and reps of my other exercises.

To put more tension on the intercostals and the sides of the waist, you can do what I call three-way Roman-chair situps. Do three minutes of regular reps, moving the body straight up and down. Then do three minutes of reps in which you twist your torso to work one side of the waist, followed by three minutes of twisting to the other side. Finish with a couple more minutes of regular reps. By the time you complete this exercise, your entire waistline and the intercostals should be burning.

HANGING KNEE RAISES

These work the lower abs strongly if they are done correctly. Hang from the chinning bar, bend your knees and raise them as high as possible. Tense your abs hard and pause for a count of two. Lower your legs slowly to take advantage of negative resistance, and repeat. Exhale when raising your legs and inhale when lowering them.

If you find your grip slipping, use straps. Even better, use the nooses for your arms that fit over the chinning bar and support your body, making grip no longer a factor. Not every gym has these devices, but take advantage of them if yours does. You can even buy your own. They allow you to concentrate more on working the abs and less on worrying about your grip.

LYING LEG RAISES

These are good for lower abs. Keeping a little bend in the knees at all times will reduce strain on your lower back. You can do these raises on a flat bench, on a decline ab board (definitely the most intense version), or on the floor. When doing them on the floor, never let your feet touch down, as this momentary relaxation prevents continuous tension on the abs. Do the middle three-fifths of the exercise, not quite reaching a 90-degree perpendicular-to-the-floor position at the top, but not allowing your feet to touch at the bottom. Remember to keep your stomach sucked in as you do the exercise, and concentrate on keeping constant tension on the abs.

A good variation of this exercise is lying reverse crunches, or lying knee-ins. As you

lie on the bench, you bend your knees and bring them up to your chest. Tense your abs hard to contract the muscles and then lower slowly back to the starting position. Do not take tension off the abs by either straightening your legs or touching the ground.

BROOMSTICK TWISTS

Side-to-side twists may be done either seated or standing. They work the intercostals and help to trim the obliques. Hold a broomstick on the back of your shoulders. Inhale as much as possible to suck in your abs. Twist rapidly from side to side. Do not let your head twist back and forth as you turn your torso. Keep it steady. Look straight ahead. Also keep your hips and pelvis steady. Try to turn only your midsection. A good mental image to help you do this exercise properly is to imagine your lower body encased in concrete and your head locked in a vise. Now the only part that can move is your midsection.

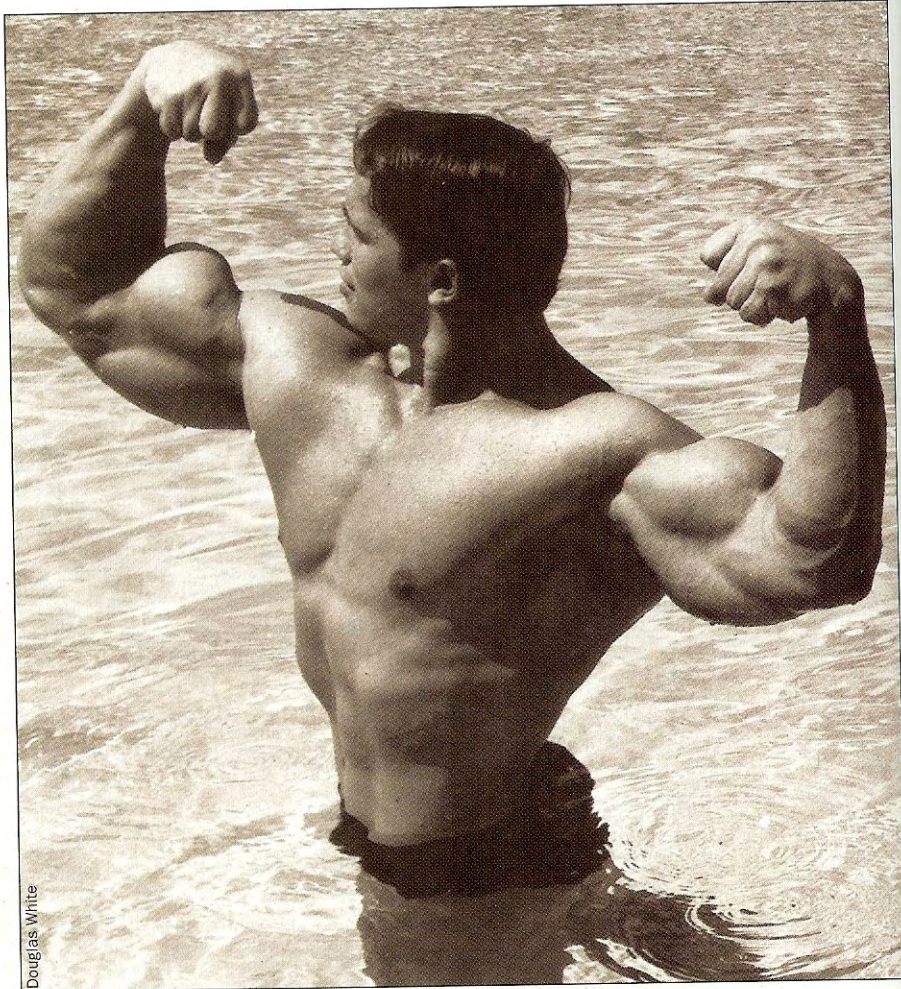
A word of warning about twists: Avoid doing this exercise with a heavy barbell, for you risk developing the obliques, thus thickening your waist and reducing your V-taper. You could also injure your lower back if you twist with a heavy weight because of the torque involved. You want to twist with light weight. Do it rapidly and for high reps to bring about a burn in the targeted muscles.

SITTING LEG-UPS

To work both the upper and lower abdominals, sit at the end of a flat bench with your upper body leaning slightly back. Extend your legs in front of you but keep some bend in the knees. As with the Roman-chair situps, arch your lower back. Suck in your abs and hold for the duration of the exercise. Bring your knees up to your chest and forcibly exhale. Lower your legs until they are two-thirds extended and repeat. Again never allow your feet to touch the floor or you'll lose the constant-tension effect and greatly reduce the effectiveness of the exercise.

HYPEREXTENSIONS

Great for developing the spinal erectors, hyperextensions will also strengthen your lower back. Position your body face down on the hyperextension bench. Lower your upper body all the way down and then come up to just a little above horizontal. Pause to tense and squeeze the lower-back muscles and then lower again. If you rise too



Douglas White

high, you risk overextending your lower back and causing injury to the discs that make up the spinal column.

Some of you might be thinking, 'Hey, hyperextensions are not abdominal exercises - they're for the lower back. What are they doing in an ab routine?' Well, what do you think the back of your waist is? It's your lower back! You need lower-back exercise to help remove fat from that area as much as you need situps, crunches or leg raises to help burn fat from the front of the body. Hyperextensions strengthen the lower back and create synergistic balance between the two muscle groups. You do not want to ignore the lower back and have it become your weak link.

ALTERNATIVE AB EXERCISES

Naturally, the ab exercises I have described are not the only ones you can do. You can also use crunches, reverse crunches (lying knee-ins to the chest), incline partial situps, twisting situps, twisting Roman-chair situps, knees-in-the-air situps, twisting knees-in-the-air situps, alternate knee raises, side leg raises, front kicks, rear leg scissors, and

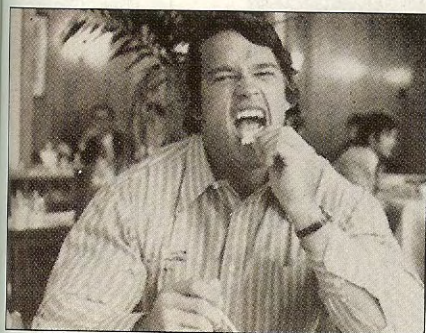
variations of each of these exercises. As always, experiment and find the exercises that give you the best results.

If you have already been doing crunches and reverse crunches in your ab routine, and you enjoy them and are getting good results, stick with them. Ab training is no different from training for any other muscle group. Not everyone responds the same to every exercise. What was good for me may not be good for you and vice versa.

I want to give you a few other pointers about ab training. Never train your abs with heavy weights, because you'll get a thick, chunky midsection that detracts from your V-taper and ruins symmetry. Do high reps with no weight at all, or very light weights at most. Exercises for the lower abdominals can sometimes be done with extra weight, as you are unlikely to get ab thickness in this area. Ectomorphs are the only bodybuilders who might occasionally benefit from some ab thickness, but even they shouldn't overdo it. Endomorphs should never train their waists with weights - they are already thick enough in the waist and hips. Mesomorphs should decide whether the extra thickness in the abs that comes

from using weights is a positive or negative factor for their physique.

ABS AND DIET

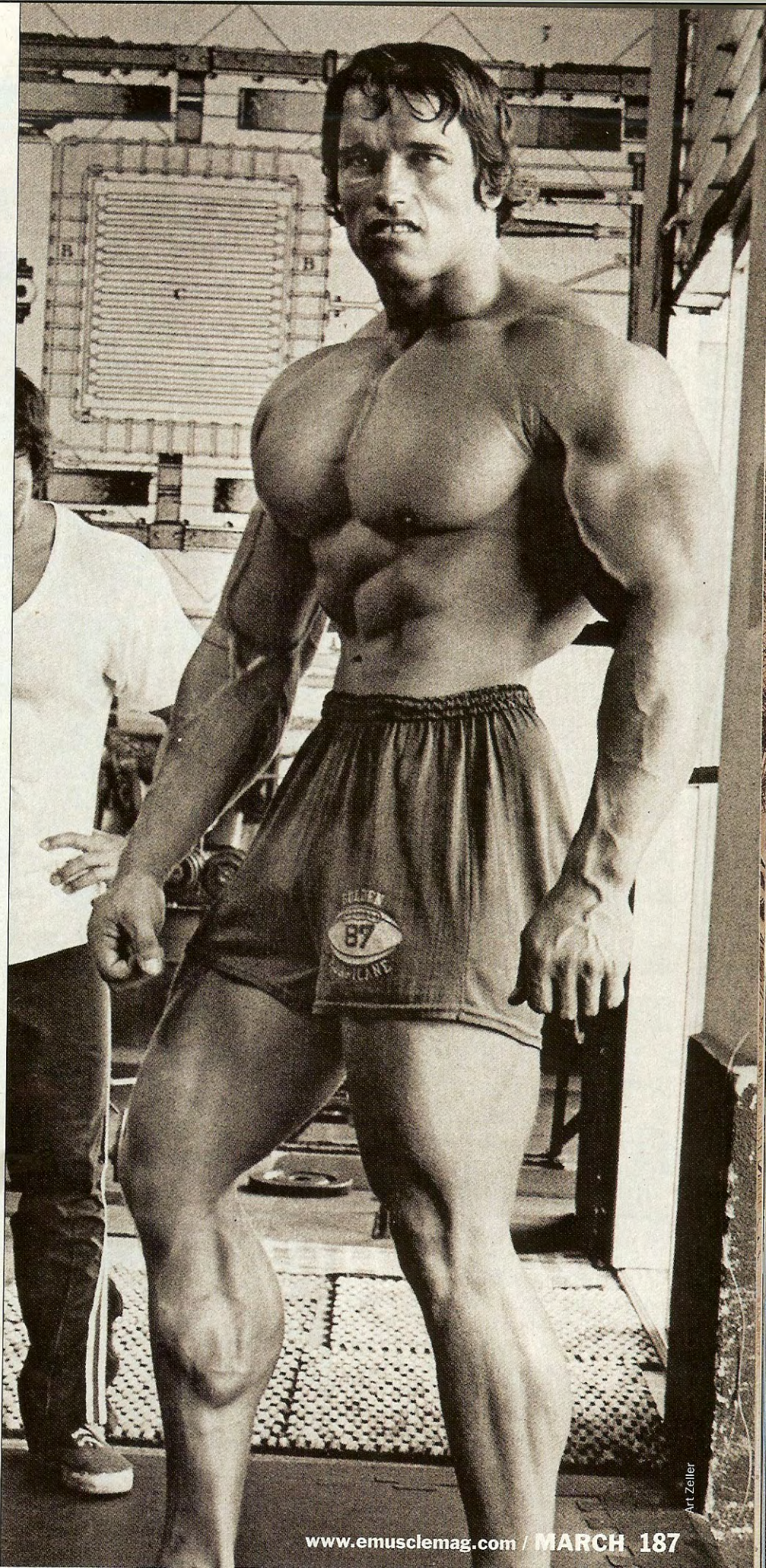


You can't get fantastic abs through ab training alone. A good high-protein low-carbohydrate diet is a necessity if you hope to develop fat-free abs. Reduce your intake of sweets, starches and fatty junk foods. Keep your protein levels high. Eat 30 to 50 grams of lean protein every three hours. If you reduce your caloric intake by 500 calories a day below maintenance level (the number of calories necessary to maintain your current bodyweight) and physically burning another 500 calories a day at the gym, you can lose up to two pounds of bodyfat a week.

“ To lose all stored bodyfat, you must eliminate almost all carbohydrates and starches from your diet. When striving for maximum definition, restrict carbs to one salad a day.”

If you really want to speed up fat loss to the max, follow a high-protein, very low-carb diet. When you're losing fat, a high-protein diet helps you to maintain as much muscle size as possible, and assists in the fat-burning process too. Do not eliminate all fat from your diet. A small amount of natural fat (from egg yolks, red meat and vegetable oils) helps the body to burn more fats. You need fat to burn bodyfat.

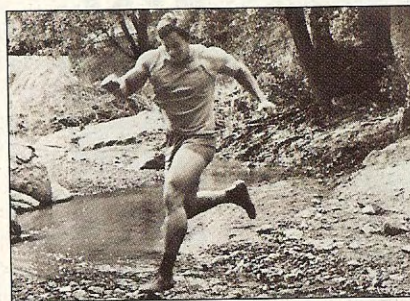
To lose all stored bodyfat, you must eliminate almost all carbohydrates and starches from your diet. When striving for maximum definition, restrict carbs to one salad a day. If you eat a lot of carbs, your body will use them for energy instead of stored bodyfat, so results will come more slowly than you expected.



ARNOLD ON CARDIO

Aerobics are a great benefit for fat burning. Running, jogging and swimming are fantastic. Stair climbers, rowing machines, stationary bikes and treadmills also provide effective aerobic exercise. Your choice of aerobic activity is not as important as the fact that you just do it. Daily sessions of 20 to 30 minutes will speed up your metabolism, and make your abs show much sooner than just doing ab exercises and dieting.

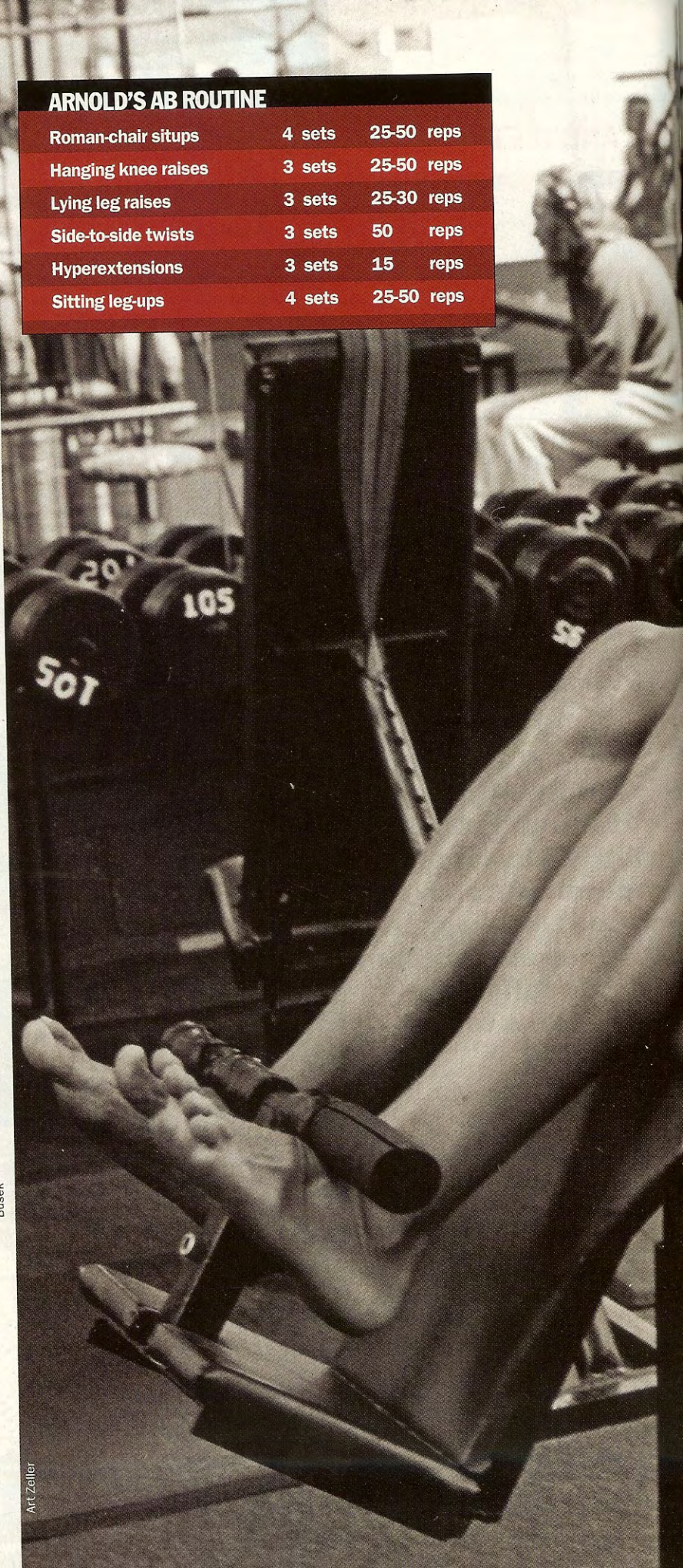
Running and swimming also make you more athletic and prevent your body from becoming stiff and prone to injury. I have personally found running to be a very valuable training asset. I highly recommend it for faster progress in training down to a hard, muscular body condition. The health benefits of doing aerobic exercise are reason enough to do it. Your heart, lungs and immune system benefit, and your energy level, endurance and stamina markedly improve. You can train with less fatigue and at a faster pace because you recuperate more quickly.



When your abs are in the great-to-fantastic category, all eyes will be on you whether you are onstage at a contest, at the beach in a swimsuit, or in the gym wearing a cutoff T-shirt or tank top. Moreover, you will have the satisfaction of knowing the rest of your body is in fantastic condition too. What a great feeling knowing you are in peak condition! It makes all the pain and hard work worthwhile. ❖❖

ARNOLD'S AB ROUTINE

Roman-chair situps	4 sets	25-50 reps
Hanging knee raises	3 sets	25-50 reps
Lying leg raises	3 sets	25-30 reps
Side-to-side twists	3 sets	50 reps
Hyperextensions	3 sets	15 reps
Sitting leg-ups	4 sets	25-50 reps



Art Zeller

