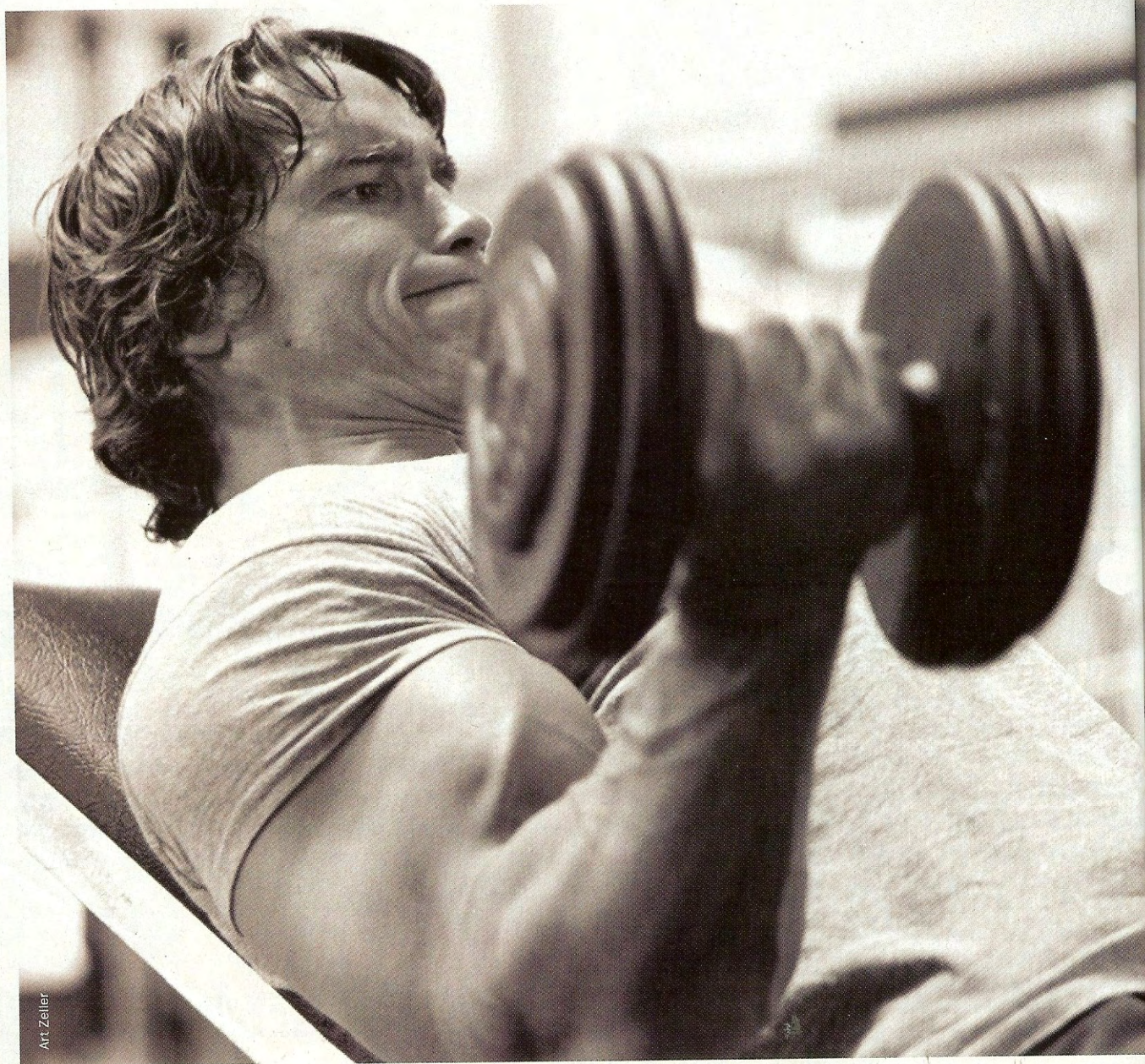


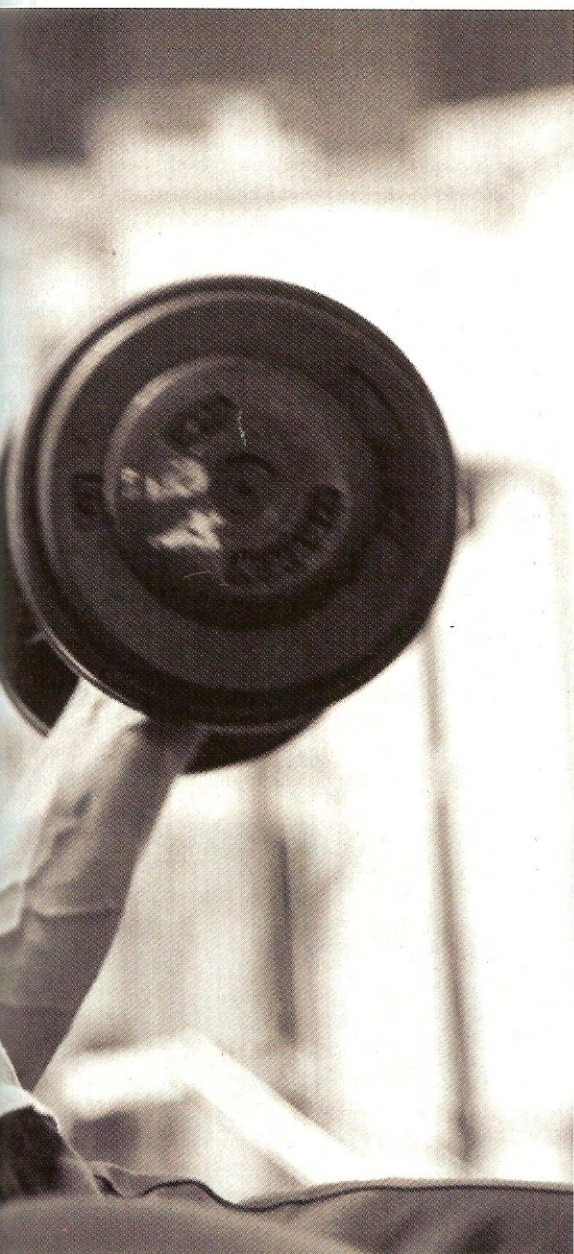
▶ **ARNOLD SPECIAL**

“ The mind always fails first, not the body. The secret is to make your mind work for you, not against you.”



MIND OVER MATTER

Arnold talks about training the biggest “muscle” of all



A recurring theme in all my training articles is the importance of the mind as it relates to training, working a muscle, developing your physique, and achieving your bodybuilding goals. Without mastery over the mind you will never have mastery over your body. As I have said many times, unless you understand the power of the mind in developing your muscles, you will not succeed. Desire, motivation, and setting goals all start with the mind, as does visualization – how you imagine your body looking one day. If your mind is not focused on what you need to do in the gym, you cannot concentrate on working your muscles properly.

YOU MUST BE MENTALLY PREPARED FOR INTENSE TRAINING

Always remember that the body does what the mind tells it to do. If your mind does not want to lift heavy weights and go through intense workouts, your body will not do it effectively. You will go through the motions, but you'll never do the kind of heavy training necessary to properly develop your body. The mind always fails first, not the body. The secret is to make your mind work for you, not against you.

Here's an example to demonstrate what I mean about the power of the mind. I remember one time when I was in the gym doing squats with Franco Columbu. Franco, as everyone knows, is one of the strongest bodybuilders of all time. This particular day he got under 500 pounds, squatted down, and couldn't get back up. We had to grab the bar and help him put it on the rack. On that day 500 pounds for even one rep was apparently too heavy for him.

At the same moment as we were helping him rereack the weight, a group of Italian-American kids from New York came in. “Wow,” they said, “there's Franco! Hey, Franco!” They were great fans, and were looking forward to watching him work out – but Franco had just failed in a lift and seemed likely to miss it again on his next try.

He was obviously feeling a little humiliated. His ego was taking a beating. He doesn't often fail with a lift well within his lifting capabilities. Knowing this, I took him aside and told him, “Franco, these guys think you're the king. You can't fail with that weight again or they're going to go home and tell all their friends that the great Franco Columbu cannot even squat 500 pounds.” He looked at me with his big eyes, realizing he was on the spot. He went out onto the street and spent a little while psyching himself up, taking deep breaths and concentrating on the lift. He stalked back into the gym, grabbed the bar, and instead of doing the 6 reps he was supposed to do with the 500 pounds, he did 8! Then he walked away coolly as if it were nothing.

Probably the biggest difference between the champions I've known over the years and the guys who always stay at a beginner's level is their ability to concentrate, to push themselves hard each set, and to train without fear. Sure, the champs probably do have more physical talent than the average person, but I have known many bodybuilders with great genetics who never won competitions because of the weakness of their minds, their inability to concentrate properly, or their lack of confidence in their ability to reach their goals. On the other hand, I have known people with less than ideal genetic ability who went on to win major titles through sheer desire, determination and perseverance.

ONE STEP AT A TIME

You can't simply go to the gym and say, "Someday I want to be a pro bodybuilder" or "Someday I want to look like Arnold." That's too vague. It's too far down the road, too much in the future. That's a long-term goal. You need small, daily goals to give your workouts meaning and intensity. For instance, if you did 10 chins the last back workout, you know you need to try for 11 the next time you train ... and 12 the time after that. If you did bench presses with 200 pounds for 10 reps last chest workout, the next chest workout try 205 pounds and see how many reps you can get. Keep working until you can do 205 for 10 reps — and then add more weight to the bar again. Trying to beat what you did in your previous

muscle mass or size (while Reg was massive beyond belief), I believed that one day I would be huge too. I could imagine it happening every time I trained at the gym and every night in bed just before I fell asleep. The more I focused on this image and worked and grew, the more I saw the real possibility of being like him. I am convinced that you become what you think about most. Dwell on negative thoughts and you fail. Dwell on positive thoughts and you succeed.

Experts used to say a man couldn't clean and jerk more than 500 pounds. Several lifters came close. In fact, at one time the record was 499.75 pounds, less than half a pound under the magic 500 barrier. Then Vasily Alexeev of the former Soviet Union lifted 501 pounds at the 1970 World Weightlifting Championships in Columbus, Ohio.

“**Maintain a positive attitude and the long-term goals will take care of themselves.**”

workout gives each session special meaning. That's what bodybuilding is all about. Training progressively — always adding weight to the bar or doing more reps with the same weight, or both — is the only way to keep making improvements. If you do not train progressively, you are just spinning your wheels.

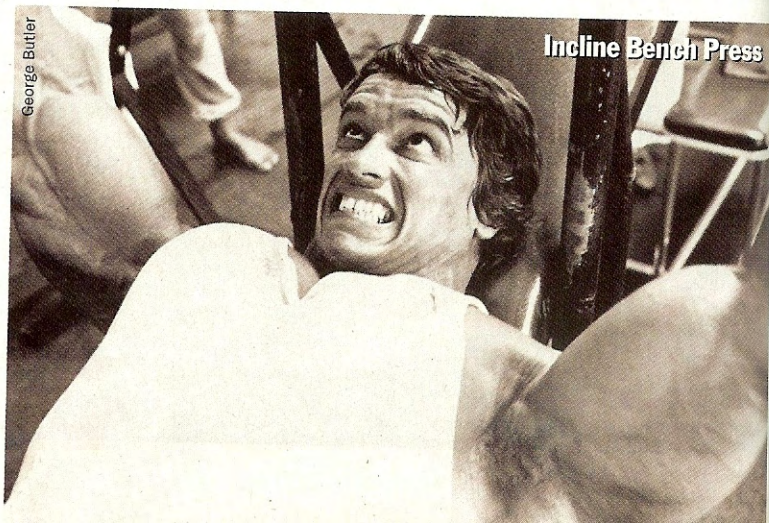
Forget sugary junk foods. Eat the right foods, take supplements and practice proper nutrition. Get enough sleep and rest for recovery and recuperation. Maintain a positive attitude, and the long-term goals will take care of themselves. I used to visualize myself becoming more and more like Reg Park, who was my bodybuilding idol when I started training. Although I was tall and skinny without any

Within one week both Serge Redding of Belgium and Ken Patera of the USA also lifted more than 500 pounds. Why? Because once Alexeev had eliminated the mental 500-pound barrier, they knew the lift was possible.

You should see regular progress when you work out. If you don't, there is a problem somewhere. Find out what it is and correct it. You should also be constantly evaluating your physique for its weak points. Are your calves too small for your thighs? Is your chest too big for your shoulders and arms? Are your lower pecs too big for your upper pecs? Are your waist and hips too wide? Is your back too shallow? Is it wide but not thick, or thick but not wide? Do your biceps lack peak? Are you big but too smooth, or cut but need more mass and size? All these kinds of questions are important. Remember, you are trying to build the perfect physique, where every part is in proportion and balance. Symmetry is your ultimate goal with muscularity and mass a close second.



John Balik



George Butler

Incline Bench Press

Much has been written and spoken about the power of positive thinking. All successful athletes, entertainers, artists, business people, doctors, educators, musicians and politicians have this power in abundance. One of the main reasons they are successful is that they are excited about what they are doing. They never think of failing — only of their great sense of accomplishment. Love for what they are doing also contributes to their success. They have passion.

I hear some people lamenting, “Oh, I can’t lose 20 pounds and develop good abs,” or “I can’t gain 25 pounds and get the mass I need to win such and such a contest.” I would hate to be that weak-minded, to have so little confidence in my ability to achieve my goals. I can gain or lose 20 pounds in a few weeks because I know I just have to adjust my diet and training and have the confidence to do it. I have no doubts. When I did the movie *Stay Hungry*, I had to lose almost 30 pounds to get down to 210 for my part. Then when I decided to compete for the 1975 Mr. Olympia in South Africa, I had to take my bodyweight back up to 230. I made these changes within the same year. Many said I could not do it, but I never had any doubts. I simply had faith in my ability to control my body.

THE BODYBUILDING ADVANTAGE

Bodybuilding is all about achievement. It’s about facing reality and overcoming adversity. The human body was never designed for a sedentary lifestyle. It was created to hunt saber-toothed tigers and walk forty miles a day. When we have no physical outlets, tensions build up within us. The body reacts to minor frustrations, such as somebody cutting us off in traffic. In life-and-death situations the “fight or flight” mechanism is tripped, adrenaline floods our system, and our blood pressure skyrockets. Exercise in general and bodybuilding in particular give us an outlet for these tensions and satisfy the body’s need for strenuous activity.

Whether you train with weights to become Mr. or Ms. Olympia, or just to shed some bodyfat, build muscle and have twice the usable strength of the average person on the street, either is a noble cause. Do not let anyone tell you any different. Your competition is yourself, not other people. You must constantly better yourself. You must always strive to improve yourself mentally, physically and intellectually.

Success in bodybuilding can teach you to become successful in anything you want in life. I have proved that point well enough. You can have it all if you want it badly enough. You have

the power within your mind — a force that will let you accomplish anything you put your mind to if you trust it. Learn to love the challenge of accomplishment and your life will take on a whole new meaning. Every day becomes a new adventure rather than a dull routine, a chance for a new opportunity,

an opportunity for change and growth. Seize the moment. Live in the present and just do it.

Do not merely read these words. Make them a general philosophy of life, a way of living, and success will be yours because you will be using the power of your mind to its fullest potential. Then nothing can stop you. ❀❀



Free your mind of negativity and your personal life and career will soar.

MOTIVATION

▶ **ARNOLD SPECIAL**

CHEST

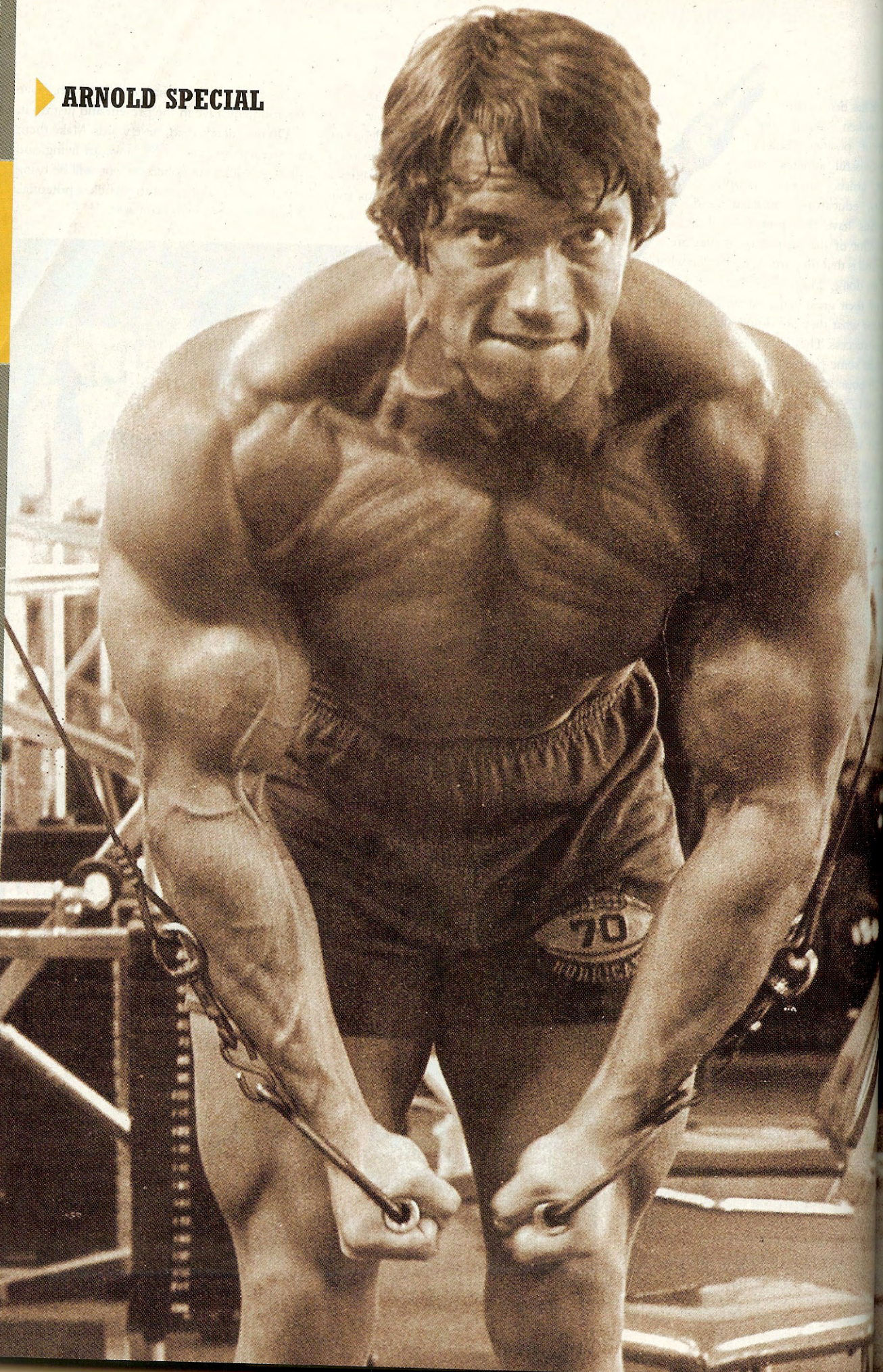
DELTS

ARMS

LEGS

BACK

ABS



“ I realized early on that you cannot achieve full pec development with one exercise.”

MR. OLYMPIA'S CHEST-TRAINING GUIDE

How Arnold built a superhuge chest

During my competitive days my chest was one of my best bodyparts. People always told me how impressed they were with the size, thickness and fullness of my pectorals. They probably thought I always had a huge chest. It wasn't so.

When I started training, my pecs were thin and my rib cage was small. My chest later became one of my best muscle groups only because I made it that way. Long before I began competing I decided that was the kind of chest I wanted. My chest development was the realization of a planned goal and the result of years of hard work and commitment.

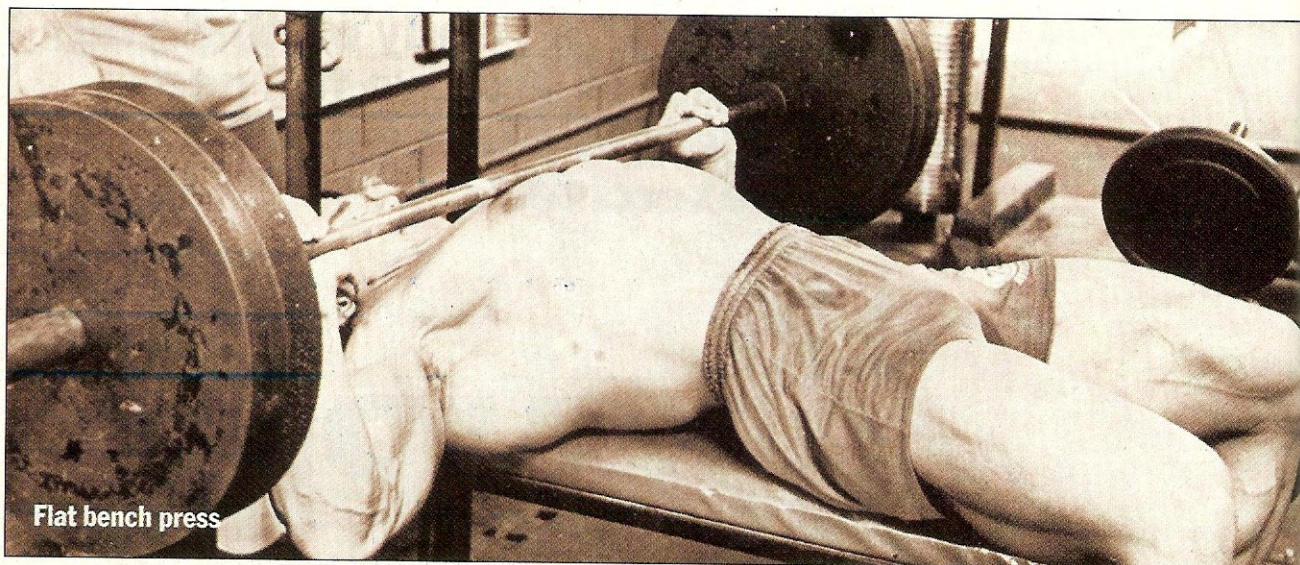
I realized early in life the importance of visualization and of setting goals. You visualize how you want something to be, then set a goal to achieve it. You devise a plan to reach that goal, and then work like hell to get there, no matter what obstacles stand in the way. That was the story of my chest development. In fact, my entire physique and all my physique titles were the result of visualization and goal setting.

My first bodybuilding idol was three-time Mr. Universe Reg Park. He had a

huge rib cage and enormously thick, fully developed pectorals. They were so massive! When I saw magazine photographs of him doing a side chest pose, I knew I had to one day have a chest like his. Notice I did not say I wanted to have a chest like Reg's. No. I had to have a chest like his. I needed a chest like his. I lusted for it – and I was willing to do whatever it took to develop such a chest.

I read all I could about Reg's chest training. I cut out photos of him and put them on my bedroom wall. I visualized my chest becoming like his. I'd lie in bed thinking about it every night before going to sleep. I dreamt about it. Every rep of every set brought me closer to the goal. I could feel it every time I trained. Every chest workout was bringing me that much nearer to having a massive chest like Reg Park's. That awareness kept my enthusiasm high and my attitude positive.

I like training chest with basic compound movements – bench presses, incline presses, dips and pullovers – that allow me to use heavy weights. These were the type of exercises that Reg Park used mostly in his chest routine, so naturally I followed his example.



Flat bench press

I realized early in my career that to have complete chest development with pecs that were massive, thick and fully developed in every section, I had to do a variety of exercises that worked the upper, middle, lower, inner and outer areas of the pecs. You cannot achieve full pec development with a single exercise.

I did lots of pullovers to enlarge and expand the rib cage. A shallow rib cage makes your torso look thin. The rib cage lends size to the entire upper body because you actually enlarge the skeletal structure and "pull out" the sternum, or chest bone, when you do pullovers. A large rib cage lays a foundation on which to build a massive chest, wide shoulders and upper-body depth. I always included pullovers in my routine. Many people argue that pullovers do not expand the rib cage, but I greatly increased both the size of my rib cage and my overall chest expansion through doing them. Pullovers also develop the serratus, those finger-like muscles that frame the chest – a must for any competitive bodybuilder. The first chest routine I followed when training in Austria, and later when I moved to Munich, Germany, consisted of the following:

Bench presses – 5 x 6-10 reps
Incline barbell presses – 5 x 6-10 reps
Flat dumbbell flies – 5 x 6-10 reps
Weighted dips – 5 x 6-10 reps
Barbell bent-arm pullovers
and/or
Straight-arm cross-bench dumbbell pullovers – 5 x 6-10 reps

The bench presses were for middle and lower pec development and overall chest mass and power. The incline presses were for upper pec development. The weighted dips were for lower and outer pec mass. The dumbbell flies were for outer and inner pecs. The pullovers expanded my rib cage and gave my pecs a good stretch. Often I did bent-arm pullovers with so much weight that someone had to sit on my thighs to prevent me from pulling my body over instead of the bar. I also used heavy dumbbell pullovers to stretch and expand my rib cage.

On each exercise I strove to use the most weight I could. I followed the pyramid principle – starting light and adding poundages each set, so my last set would be my heaviest. Sometimes I did more sets

of bench presses – 8 to 10 sets – working up in weight for max attempts to increase my strength. I did a great deal of the strength training when I began to train with Franco Columbu in Germany, because he was interested in powerlifting as well as bodybuilding.

PACKING ON MASS

The bench press is my favorite chest exercise. It was always number one in my routine. It's a foundation movement that builds size and mass. There's no way of getting around the bench press, in my opinion. You must do it to develop pecs that are massive and thick. I liked the fact that I could use heavy weights when benching. Although I was primarily a bodybuilder, I sometimes did heavy triples, dou-



Incline bench press

bles and singles to increase and test my benching power. I eventually worked up to a 440-pound single, which gave me greater strength to use heavier weights in my everyday chest training. This meant more size, thickness and mass.

Competitive bodybuilders who lack pec thickness do not look good when they raise their arms overhead or do double-biceps poses. Their pecs seem to disappear – a look I really dislike. I was determined that my pecs would stay thick and not flatten out even when my arms were up, so I tried to develop the thickest, most massive pecs possible. Only by regularly doing heavy benches, incline presses and weighted dips could I achieve this objective.

My basic chest routine didn't change much from the time I was 16 until I won my second Mr. Universe title in 1968. I might occasionally have done heavy incline dumbbell pressing instead of using a barbell, but I always stuck to the basic movements to keep adding mass and size to my pecs. My training was always geared to developing more mass. In fact, my basic training program didn't change much over my entire career. The only exercise I added

to my chest workouts was the cable crossover. I started including crossovers in my precontest routine when I moved to California in 1968 after Frank Zane defeated me for the IFBB Mr. Universe title in Miami, Florida.

The cable crossovers that I added to my precontest preparations helped to bring out chest striations and cuts and to increase the cleavage between the pecs. This was the first time I had really worked at building quality into my chest instead of just pure mass. For the following year my chest routine consisted mainly of the following exercises:

Bench presses – 6-8 x 6-10 reps

Incline presses – 6 x 6-10 reps

Flat-bench dumbbell flyes – 5 x 6-10 reps

Weighted dips – 5 x 6-10 reps

**Cross-bench dumbbell pullovers
– 5 x 10 reps**

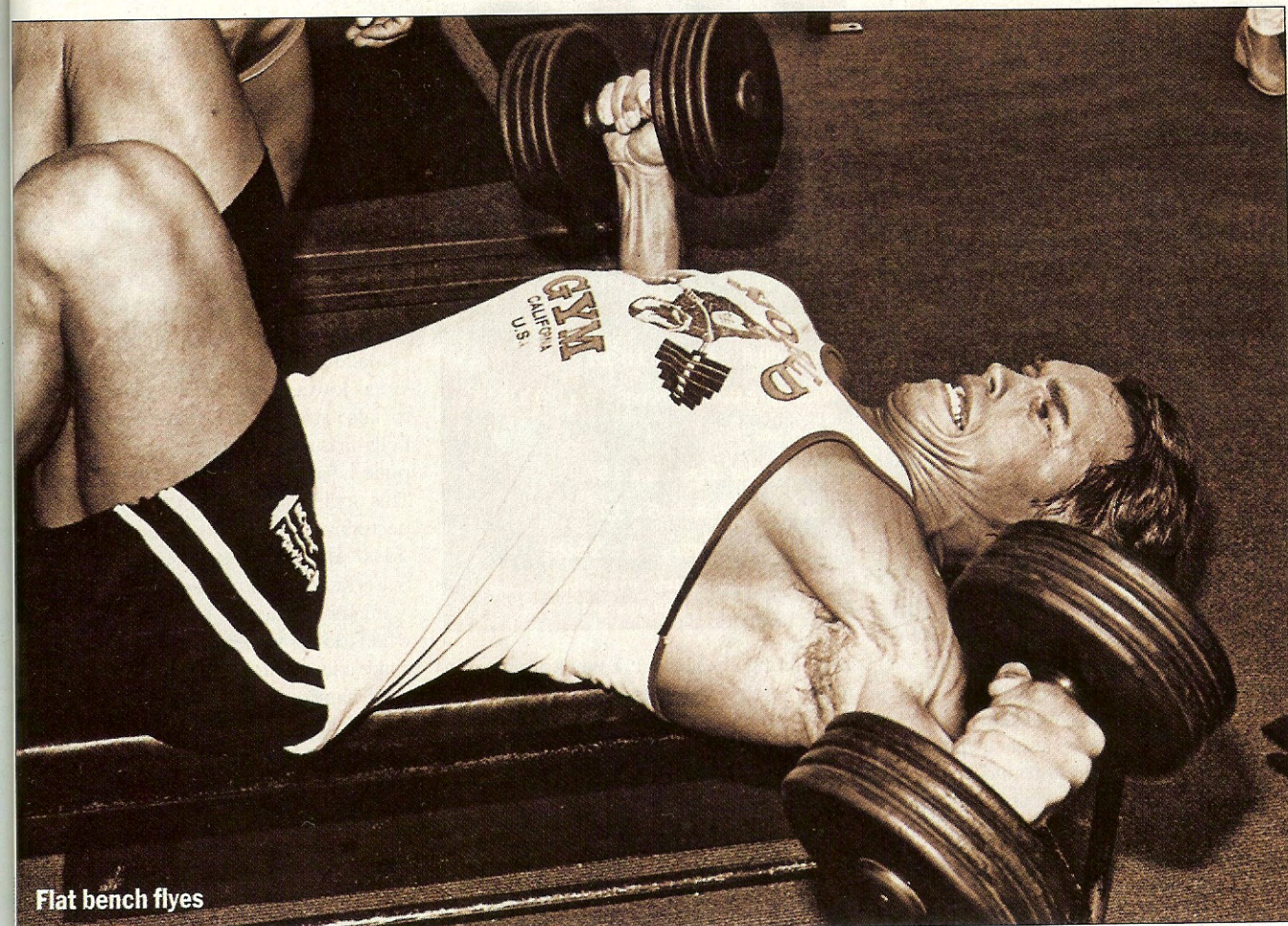
I'd pretty much stopped doing the bent-arm pullover at this point because I felt that this new program would give me the

combination of a full rib cage and huge, thick, full pecs that I desired.

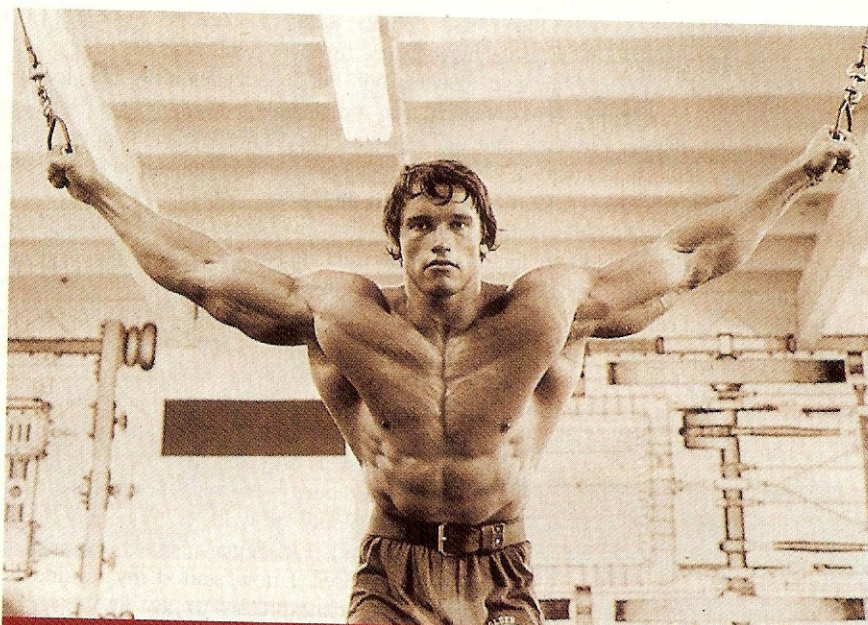
Without a doubt my chest development was a major factor in my winning contests. Because my chest was so good, many people might have expected me to stick with the chest routine that had developed it to that level. Basically, I did just that for the next three years, but after my fourth Mr. Olympia win in 1973 I was beginning to notice that my lower chest was getting too big – at least too big to be in proportion to my upper pecs. It was time for a reevaluation of my routine and a change to improve my upper pecs.

First I dropped the heavy dips. My lower pecs were big enough and would get plenty of work from bench presses. Second, I changed the sequence of my exercises. I now started my routine with the incline presses to give my upper pecs priority. I believe in the priority principle. It only makes sense to train a weak point first, when your strength, energy and concentration are at their highest levels.

For incline presses I used either a barbell or the Smith machine and did slightly higher reps. While I still believe that low



Flat bench flyes



Art Zeller

"I added cable crossovers to my basic mass routine to help bring out striations and to increase the cleavage between my pecs."

reps (6 to 8) and heavy weights are great for mass and size, more moderate reps give better muscle quality and muscularity. My new chest routine went like this:

Incline presses – 6-8 x 8-12 reps

**Flat-bench barbell presses
– 6 x 8-10 reps**

Flat dumbbell flies – 6 x 8-10 reps

**Cross-bench dumbbell pullovers
(optional) – 5 x 10-12 reps**

**Cable crossovers (precontest only)
– 5 x 12-15 reps**

This new routine gave my chest better balance. I still had the size, mass and thickness, but my upper pecs were thicker and more developed. My lower pecs no longer dominated. I had better chest shape and a more top-heavy look instead of a droopy, overdeveloped-looking lower chest.

Another method I began using by 1973 was supersetting chest and back during the off-season. I really liked the feeling of having pumped pecs and lats at the same time. By working a pulling muscle immediately after a pushing exercise, I got fuller all-round development. Supersetting chest and back gave me better tie-ins between front and back for a more aesthetically pleasing shape. This method also allowed me to shorten my workouts – because I could

rest less between sets – and to increase intensity. When supersetting, my off-season routine usually went as follows:

Bench presses (warmup) – 1 x 30

Superset:

Bench presses – 5 x 6-20

**Wide-grip chins behind neck
– 5 x 8-15 reps**

Superset:

Incline barbell presses – 5 x 10-15

T-bar rows – 5 x 10-15 reps

Superset:

Dumbbell flies – 5 x 10-15

Wide-grip barbell rows – 5 x 10-15

Superset:

Parallel-bar dips – 5 x 15

Close-grip chins – 5 x 12

Stiff-arm pullovers – 5 x 15-20

Note: There is absolutely no rest between sets and exercises of the four superset groups.

By training chest twice a week I was able to experience new growth as a result of better recovery and the stimulating effect of the supersetting.

So far I have told you about exercises, sets and reps, but not exercise form. There is no completely right or wrong way to do an exercise. Whichever method allows you to place the tension and overload squarely on the working muscle is the right method

for you. You have to know your body, understand how it reacts to a certain exercise, and then refine each movement over time so that you get the most musclebuilding action from it.

AVOIDING LOCKOUT

When you're doing bench presses, try to keep the reps smooth and strict. Do each one with concentration and control. I try to make my pecs do most of the work, so my mind is very much involved when I bench press. I've found that stopping the bar about an inch or two from lockout – so that there is always a bit of bend in the elbows at the top of the movement – keeps more constant tension on the pecs.

Bring the bar down to the lower pecs and then finish with the bar over the throat or even the eyes for better pec involvement. Don't just push the bar straight up and down. Keep your chest high and your ribcage expanded. Don't let your ribcage collapse and your chest flatten out, or your delts will take over and get most of the overload. If you want more outer pec involvement, use a wider grip. A narrower grip works more middle and inner pec.

A very effective method I've found for working the outer pecs is this: When performing dumbbell flies, stop when the dumbbells are about 12 to 15 inches apart at the top. This way you always keep tension on the outer pecs. If you need more inner pec development, however, come all the way up until the dumbbells meet. Then pause to tense and squeeze your chest muscles. As with bench presses, keep your chest expanded and high throughout the movement.

Make sure you get a full stretch on flies. Go as low as possible. Keep the arms bent to take stress off the elbows. Lower the bells in such a way that your elbows are pulled back in line with your shoulders. This style will put a stronger pull on the pectorals. Don't just lower the bells to your sides. Also, don't let your wrists turn or twist. Keep them parallel at all times.

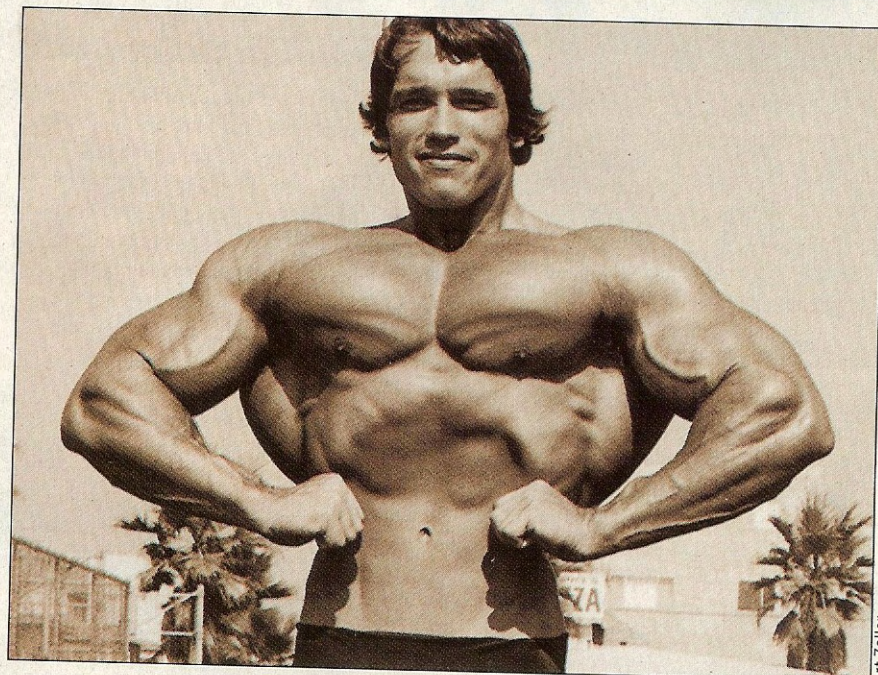
Imagine you are hugging a large tree when doing dumbbell flies. You want to make a large circle with the bells. Don't let your hands move in close to your body because then you get into a pressing action instead of a flye action.

When doing incline presses keep the angle low – no more than 25 to 30 degrees. A steep angle involves too much front deltoid. As with bench presses, keep your chest arched and expanded and finish with the bar over your eyes for better pec isolation.





Art Zeller



Art Zeller

Watch the bar as it comes off your chest and make sure you lift it over your head, not just straight up over the chest. If you need more outer, upper pecs, use a wider grip.

A trick I use to get more rib-cage expansion on cross-bench dumbbell pullovers is to drop my hips at the bottom of the movement when the dumbbell is completely behind my head. By doing this, I give my rib cage and lats extra stretch and put more stress on the serratus.

Dips are a fantastic compound movement. They work the pecs, serratus, delts and triceps hard. I like to dip with extra resistance. Using a special belt, you can dip with extra weights attached. Lower your body as far as possible to get maximum stretch on the pecs, but come up only three-quarters. You don't have to

“ If you lose the feel of the muscle because you're cheating too much or your range of motion is too limited, reevaluate your training technique.”

come up to full lockout when dipping for pec development. When dipping for triceps development you should come up to lockout, but not when dipping for pecs.

For crossovers, use moderate weights and concentrate on a full range of motion. Hold in the fully contracted position for a count of two or three to bring out the muscularity in your chest. Don't stand upright. Bend forward at the waist so that you can better isolate your pecs.

Most of all, never lose sight of what you're trying to accomplish when you train chest, no matter which exercise you're doing. Put all the overload and tension on the working muscle. If you lose the feel of the muscle because you're cheating too much or your range of motion is too limited, or because you're bouncing the bar and using momentum, you should reevaluate your training technique. Use good, strict form, and go for a full range of motion. Never let ego get in the way of properly training your muscles.

You should have one power chest workout a week in which you go for very heavy weights on bench presses, incline presses and dips. Use good form, but pile on the



POWER POINT

TRAIN THE ANGLES

You can achieve overall chest development only by constructing workouts that hit all aspects of the chest over a period of time.

Overall Mass: Flat bench and dumbbell presses

Middle and Inner Pecs: Narrower-grip bench presses

Overall Mass and Outer Pecs: Wide-grip bench presses

Upper Pecs: Incline presses; incline flies

Outer and Inner Pecs: Flat flies

Lower and Outer Pec Mass: Weighted dips

Ribcage Expansion: Pullovers

Chest Striations, Cuts: Cable crossovers

weight and pyramid down to 3, 2 or even 1 rep. A good power chest workout might look like this: 1 x 20 (warmup), 1 x 10/8/6/6/4/2/1. Make sure you're always well warmed up before you attempt any really heavy weights, and always have a spotter standing by so that you don't get stuck with a heavy weight on your chest.

Shock the muscles once in a while with supersetting or stripping the bar. The latter technique is very effective on exercises such as bench pressing because your training partners can strip plates from the bar as you do a set. This stripping allows you to extend the set while greatly increasing intensity and really blasting those pecs. Forced reps and controlled cheating are also very effective for overloading the muscle.

If you're using my chest development as a model of the chest you want, I'm flattered. However, if you're going to follow my exercise routines, modify them for your own needs. Then you should be able to develop the kind of chest you'll be proud of. Be patient and realize that Rome wasn't built in a day. You can do it. You just have to want it badly enough. 