

THE

Ideal

JUST WHAT is The Ideal Workout? At this point the answer to that question is still not clear even to me, not even after 20 years of keen interest, involvement and research on my part, but at least this much is clear; we are now a great deal closer to the answer than we were as recently as a year ago . . . at least that's some progress.

As in other fields of study it takes years to reach a certain level of knowledge, and so it is in the ever-growing field of weight training. But now a breakthrough in bodybuilding is in sight. Completely new principles are now being introduced that may revolutionize physical training of all kinds. But at the moment we still don't know exactly the best method for employing these principles to advantage. For this reason I cannot tell you precisely how to incorporate them into your own training now, or how to get similar, if not just as fast results by adapting your present training to these principles as outlined here.

I will try, however, to tell you what we have discovered up to this point, and I will tell you what the Ideal Workout looks like at this time. To some degree you can adopt this workout even now by substituting certain exercises for some of those not available to you at this time. But first I will lay down the ground rules emphasizing the points that are considered of the greatest importance when searching for an ideal training routine.

We were (and are) always interested in the fastest possible progress in muscular bulk, strength, endurance and condition, but not necessarily in that order. Secondly, we wanted to discover the methods required for building maximum muscular size, and the greatest possible strength. Thirdly, I want it clearly understood that our interest was limited strictly to methods involving

The Ideal Training Routine

	1st cycle		2nd cycle		Time
	sets	reps	sets	reps	
MONDAY AND WEDNESDAY					
1. Full squat	1	20	1	15	:04
2. Lat-machine, pullover type	1	20	1	15	:04
3. Lat-machine, rowing type	1	15			:04
4. Lat-machine, behind-neck type	1	15			:04
5. Regular chin	1	10			:04
6. Parallel dip	1	15			:04
7. Pectoral machine, low type	1	12			:04
TOTAL TIME FOR FIRST CYCLE					:28
TOTAL TIME FOR SECOND CYCLE					:08
8. Pressing machine	2	12			:08
9. Curling machine	2	10			:08
10. Triceps machine	2	12/10			:06
11. Wrist curl (see note below)	8	15			:08
12. Calf raise	3	20			:06
13. Stiff-legged deadlift	1	15			:04
14. Grip machine	2	20+			:04
TOTAL SETS PER WORKOUT					29
TOTAL TIME FOR WORKOUT					1:20

NOTE—Wrist curls; do two cycles of four sets each, as fast as possible—one set each of regular wrist curls, reverse wrist curls, front wrist curls, and rear wrist curls, in that order, in each cycle.

Squatting must be done rapidly enough to bring the trainee to a state of momentary breathlessness, the pullover (dumbbell or the lat-machine movements) should be done immediately thereafter without a rest between exercises.

FRIDAY ONLY:

1. Full squat	3	10/8/6	:15
2. Lat-machine, pullover type	2	10/8	:08
3. Bench press	3	10/8/6	:12
4. Lat-machine, rowing type	2	10/8	:08
5. Lat-machine, behind-neck type	2	10/8	:08
6. Pectoral machine, high type	2	10/8	:08
7. Standing barbell curls	2	10/8	:08
8. Triceps pulley curls	2	15/12	:06
9. Wrist curls (see note)	8	15	:08
10. Calf raise	3	20	:06
11. Stiff-legged deadlift	1	15	:04
12. Grip machine	2	20+	:04
TOTAL SETS IN WORKOUT			32
TOTAL TIME FOR WORKOUT			1:35
TOTAL WEEKLY SETS			90
TOTAL WEEKLY WORKOUT TIME			4:15

General instructions: with the exception of squats—as noted above—each set of exercise must be an all-out, maximum effort, stopping only when all the repetitions have been performed, and as many partial reps as possible, plus a prolonged 100% effort against an unmovable resistance.

WORKOUT

By Arthur Jones

The Suggested Training Routine

	1st cycle		2nd cycle		Time
	set	reps	set	reps	
MONDAY AND WEDNESDAY					
1. Full squat		1 20	1 15		:04
2. Stiff-arm pullovers	1	50	1 30		:04
3. Barbell rowing motion, for lats	1	12			:04
4. Behind-neck chin	1	12			:04
5. Regular chin	1	10			:04
6. Parallel dip	1	15			:04
7. Dumbbell decline press	1	12			:04
TOTAL TIME FOR FIRST CYCLE					:28
TOTAL TIME FOR SECOND CYCLE					:08
8. Standing barbell press	2	10/8			:08
9. Standing barbell curls	2	10/8			:08
10. Triceps pulley curl	2	15/12			:06
11. Wrist curl (as noted before)	8	15			:08
12. Calf raise	3	20			:06
13. Stiff-legged deadlift	1	15			:04
14. Grip machine	2	20+			:04

While such a routine will not include "exactly similar" exercises, they will, in general, be close enough to give very good results and things such as the sequence of exercises, training time required, number of sets, and the basic principals involved will be exactly the same as in the ideal training routine involving the use of special equipment.

FRIDAY ONLY:

1. Full squats	3	10/8/6			:15
2. Stiff-arm pullover	2	20/15			:08
3. Bench press	3	10/8/6			:12
4. Barbell rowing motion, for lats	2	10/8			:08
5. Behind-neck chin	2	12/10			:08
6. Dumbbell incline press	2	12/10			:08
7. Standing barbell curl	2	10/8			:08
8. Triceps pulley curl	2	15/12			:06
9. Wrist curl (as above)	8	15			:08
10. Calf raise	3	20			:06
11. Stiff-legged deadlift	1	15			:04
12. Grip machine	2	20+			:04

What will this routine do for an average trainee? For a number of them nothing, because they have been so brain-washed about "super workouts" that they don't recognize a good routine when they see one, and therefore won't try it. But for anyone that will follow it properly, it will literally do wonders—more than any other program you could possibly devise using normally available training.

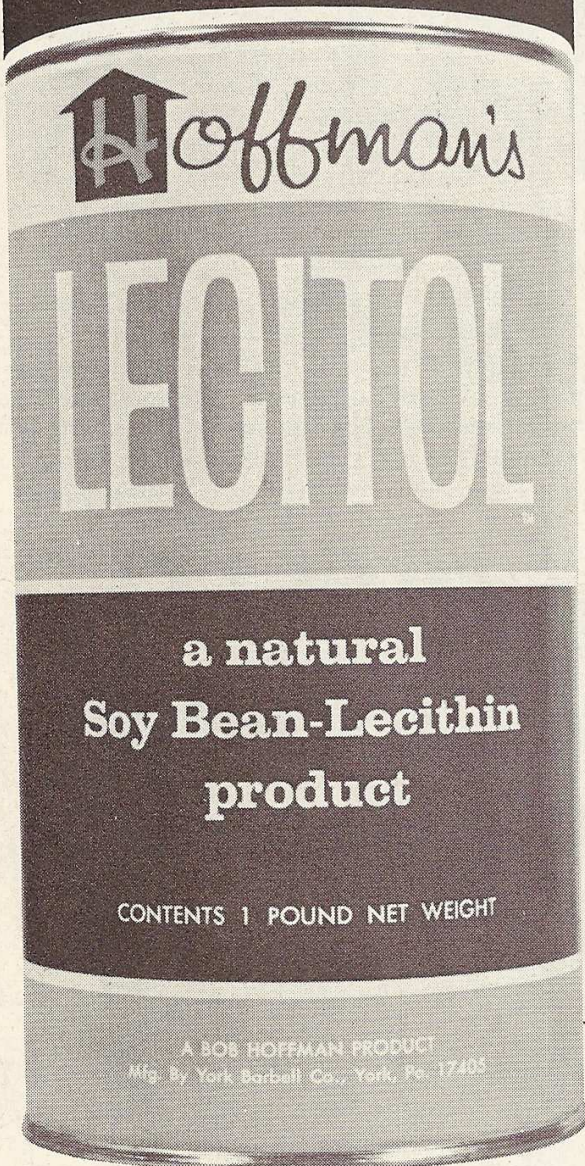
only the physical science or the normal biological science without the slightest interest in the results of bodybuilding (or other) drugs.

This, perhaps, may sound a bit smug on our part, but I am extremely happy to state without any reservation that all the results we have obtained up to now prove that drugs of any sort are not required in bodybuilding, and in some cases drugs of this type can even retard normal progress . . . which is something to think about.

However, back to the subject of trying to find the Ideal Workout program. Certain things are obviously necessary requirements such as "hoped-for possibilities," as was "wishful thinking." But for all this we achieved a degree of success that was far beyond our wildest expectations and even exceeding our fondest hopes. We hoped and looked for a short, rather simple, method that would give results faster or at least as good as those obtained through the use of the older, proven methods of training. We have now exceeded those initial goals so that we can now look back and laugh at our earlier cautious hopes. But true as it may seem we have not yet discovered anything that could possibly be described as "easy." Perhaps that is natural enough since we did not look in that direction but sought the kind of movements that would produce results when they were employed vigorously.

Some years ago when John Grimek was asked about the secret of his bodybuilding success, he quickly replied: "Hard work." And that answer is as true today as it was 30 years ago. Muscles have to be worked and exercised harder to make them respond, but today with our new machine they can be worked harder but with less fatigue. I know this to be a fact as I have always been a strong advocate of workouts strictly limited (*Continued on page 54*)

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and therefore must be provided by the diet."

Energol contains lecithin which is part of every cell of the body. As we mentioned before, your brain is almost 30% lecithin. How can we ever measure such tremendous value? Our brain controls all that we are—in size, strength, energy, intelligence, memory and morality so how can we measure the value of a product that contains a large amount of lecithin which in turn constitutes such an important part of man.

Energol is rich in the vital properties of the three oils—soygerm oil, wheat germ oil and rice germ oil. As I wrote this article I cannot help but think of the story of Dr. Ersoff's rats. Years ago many of his experimental demonstrations caused him to believe that there was something in desiccated liver which caused it to release vast amounts of energy. He conducted experiments with three groups of 12 laboratory animals. To test these animals for endurance he had them swim in a tub of water so that the rats could not climb out. They had to keep swimming or drown.

The first group of rats had a good diet which included 11 vitamins. These rats swam an average of 13.3 minutes before they had to be taken out of the water. Dr. Ersoff had heard a lot about the food value of brewer's yeast so he added 10% of brewer's yeast to another group of 12 rats and subjected them to the same test. They swam longer—13.4 minutes. He took the first diet and added 10% of desiccated liver and fed it to a third group of rats and was astounded at the great increase in endurance they showed. Nine of the group of rats were still swimming strongly after two hours when the experiment was terminated.

It is quite possible that an equal or superior result would be obtained if 10% of *Energol* had been added to the rat diet. Dr. Chen reported similar experiments where rats ran 12 hours on a wheel with seemingly entire lack of fatigue when soygerm oil was added to their diets!

We have written considerable about the improved strength, energy and endurance of users of *Energol*, isn't it reasonable to believe when so many people report the unusual amount of endurance they possess as they take *Energol* that there must be still some unidentified substances in *Energol* to cause it to perform so sensationally?

I will quote from an article, UNIDENTIFIED SUBSTANCES, which is part of the Department of Agriculture's book *Food*. This article is written by George M. Briggs, Executive Secretary of the Biochemistry Committee, National Institute of Health, Department of Health, Education and Welfare, "The discovery of vitamin B 12 in 1948 is an example of how unidentified factors become known and identified. Many researchers were searching for an anti-pernicious anemia factor in the year prior to 1948. Finally in 1948, the researchers were successful and the new compound was named vitamin B 12.

"Another example of a recently discovered nutrient is selenium, a trace mineral. It was an unidentified factor until 1957 when scientists discovered that compounds containing selenium had important nutritional properties in feed given to rats, pigs, chicken, turkey and mice. This product prevented liver damage and death in laboratory animals fed special diets low in vitamin E and cystine.

"Nobody can say how many nutritional factors remain unknown or how soon they will be discovered. The grass juice factor is a good example of how long studies on unidentified factors often take. It takes particularly devoted scientists to stick to a problem that goes on for 20 years without a final answer. The curiosity of a nutritionist is unlimited and he will go to any extreme to discover new facts.

"No predictions can be made at this stage of research as to the actual importance of the factors in animal and human nutrition. It is possible to make good use of many of the unidentified factors in nutrition even before they are identified."

Twenty years study and research is a long time, fortunately, as Mr. Briggs stated, we can make good use of the unidentified substances in nutrition before they are discovered. We feel sure that there are unidentified factors in *Energol* which are important in producing the energy that results for they use this high quality product for greater strength, energy and endurance. So we will go on using *Energol* regularly knowing full well that its nutrients are a product of exceptional merit. If, happily, unidentified substances it contains are finally isolated, so much the better. But there are many known reasons why I consider it the most important part of my diet.

MD

The Ideal Workout

(Continued from page 41)

in so far as length and frequency were concerned—and still am. I was pleased, of course, that these new methods provided additional weight for my argument. However, make no mistake about one thing. I am not permitting my personal beliefs to lead me into giving support to any ideas that are not clearly demonstrable. For example, some of the things revealed to you here were clear to me more than 20 years ago, but at that time they were not a proven fact, so I kept them to myself. Likewise, many of my ideas of 20 years ago (or even as little as a few weeks ago) have been proved wrong, either by myself or by others, and when this hap-

pens, as it frequently does, I am quick to change my thinking and admit any previous errors.

As may be stated, in theory at least, that the best possible gains can result from doing only one set of each exercise in a workout, yet in an actual workout this is almost impossible, mainly because it is difficult to work a "cold muscle" as vigorously as it should be worked to realize maximum benefits. While both the theoretical and the practical aspects of this problem remains true, we have discovered a way to get around the practical limitations in such a way as to take advantage of the theoretical possibilities,

and so reduce the training time while getting better results. Of course the Ideal Workout requires special equipment, and this equipment is not available to the public as yet. Still some of these principles can be applied to most programs regardless what kind of equipment you have access to now. First I will describe the Ideal Workout, which involves the use of special equipment, then I shall explain how to apply these principles without special equipment of any kind.

The routine described here is designed for a particular purpose and intended to produce the biggest gains within the shortest time possible. Applied properly for one year or so it should produce gains that are unheard of at this time. On the other hand, some individuals will get fast results from any type of training program, and for these people this program could produce fantastic results. But the average bodybuilder with average potential can and will progress at a fast rate if he applies himself in a diligent manner by following the program exactly as given.

It is my intention to produce a Mr. America winner, literally from scratch, in less than a year with this exact program, and starting with a man who is less than average in condition and with absolutely no previous training experience. All other things being equal, the ideal subject should be about 25 years of age, slightly more than average height; about five feet eleven inches, and with a good bone structure but without any physical deformities. He must have a strong desire to better himself physically and must have the drive and ambition to work towards this goal.

Provided with such a willing subject we will take care of everything else, using the ideal training workout that is given on page 40 of this issue. You will notice that barbell curls and bench presses are included one day each week. This is done for two reasons; first for a psychological and a physiological reason, and because they both serve to "bind together" the workings of several large muscle masses. Second, they give the bodybuilder confidence in his ability to handle heavy poundages apart from the squats and lat-machine exercises.

Also, the workout is greatly varied to avoid staleness that might otherwise result after several months of regular, intensified training. You will also notice that on the same days each week heavier poundages are used in almost all movements and to work the involved muscle masses more thoroughly while using a lesser number of repetitions.

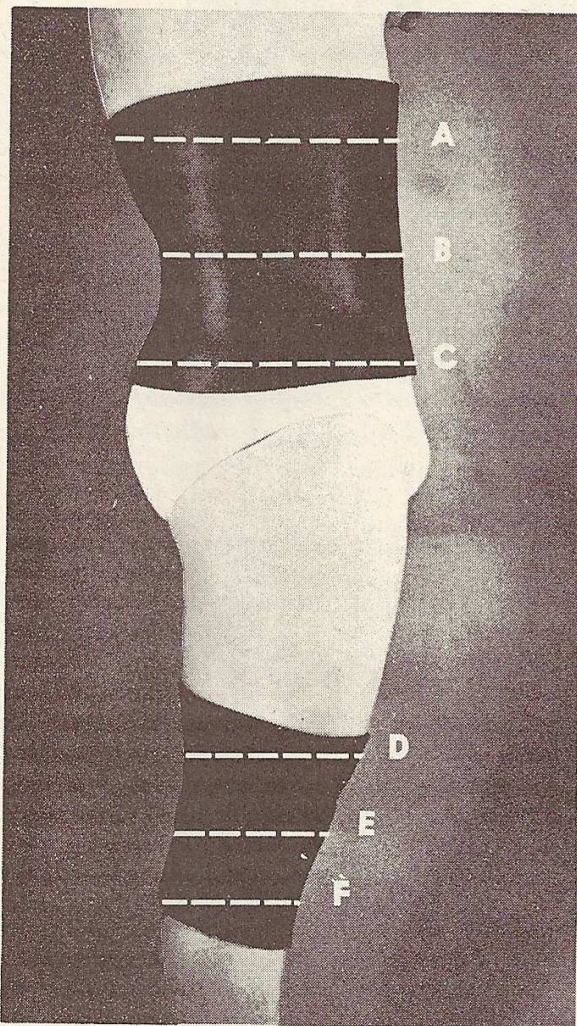
Now, what will such a routine do for the average man in a period of a year? It can literally make a superman out of him if he has the potential of becoming such. And, how can you pattern your own present training after this routine, without employing any special training equipment mentioned in this program? Then try the suggested routine of exercises that is listed on page 41 in this edition.

Of course it is important to understand the basic principles upon which the special exercises are based. Because on Monday and Wednesday you are trying to involve the largest muscles of the upper body, the lats, and to work them as hard

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BH KNEE BANDS

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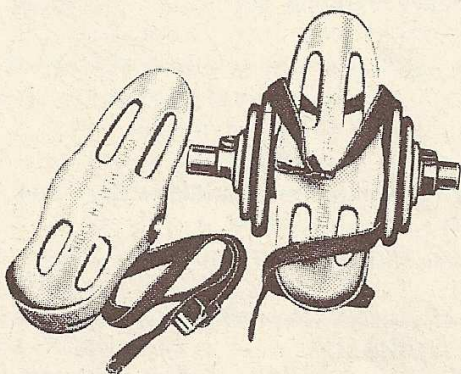
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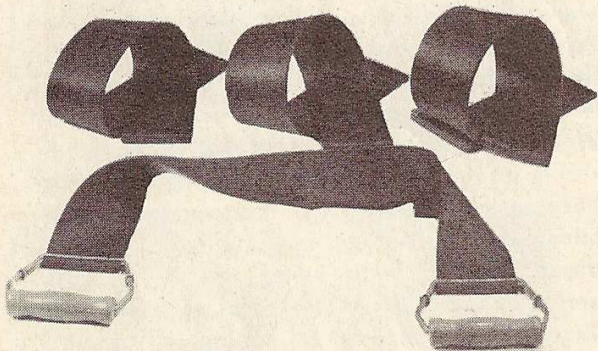
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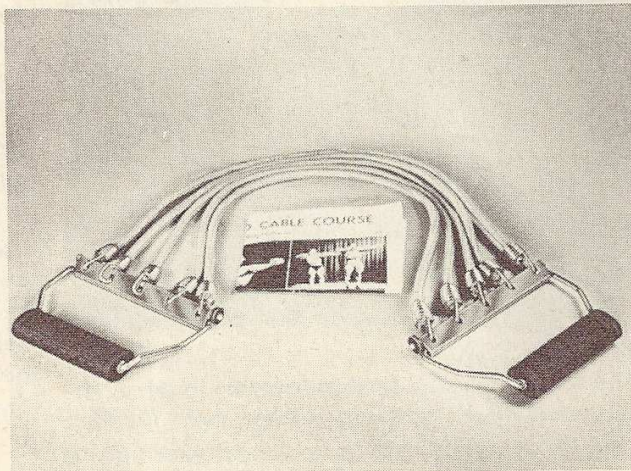


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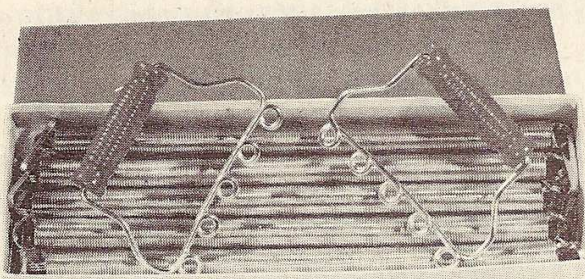
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and as fully as possible. However, in order to do so you must arrange your training schedule so that the arms are not strongly involved, otherwise they tire before the lats do. Our machine almost eliminates any arm work from the lat movements, and without such special equipment it's hard to reach an ideal situation, yet you can come close if you approach the problem correctly. But in some ways it won't do as much, or at least as quickly as the special equipment will do, and this is because the selected exercises, which are excellent, will not work all the adjacent muscles as fully as this new machine does. But training regularly and with great vigor, using the routine given here, should improve your general over-all appearance, and should make a new man out of you!

Broken down on a weekly basis, the three workouts give the following totals of sets—in the categories listed below:

HEAVY SETS	41
Squat	7
Lat-machine, pullover type	6
Lat-machine, rowing type	4
Lat-machine, behind-neck type	4
Pectoral machine, low type	2
Pectoral machine, high type	2
Barbell curls	2
Curling Machine	4
Pressing machine	4
Bench press	3
Stiff-legged dead lift	3
MEDIUM SETS	10
Regular chin	2
Parallel dip	2
Triceps machine	4
Triceps pulley curl	2
LIGHT SETS	39
Calf raise	9
Wrist curl	24
Grip machine	6
	MD

Poison or Power Foods

(Continued from page 29)

food value, except energy, and even that doesn't last or prove helpful. This explains why millions upon millions feel old at 40, lack substantial vigor and look older than their age. It's because they never fed their body cells, cells that need power foods to rebuild, replenish and multiply themselves, and you can't do this with French fries, coffee, doughnuts, soft drinks, etc. You need rich, nourishing food.

The funny thing is, if you try to enlighten these people they look upon you as some kind of a "nut," a food faddist, diet crank or what have you. But the truth is, all the various kinds of diseases that afflict mankind don't "just happen," they are CAUSED, and usually from wrong eating habits and eating the wrong foods. Moreover, most people are not content with stuffing themselves on "poison, useless foods" but they add to their woes by gobbling it down, making their stomachs do what their teeth should have done. On top of that they ingest inharmonious mixtures, and these combinations cause additional distress; sour or acid stomach,