

The Training Experience

EVERY BODYBUILDER GETS tremendous satisfaction from looking in the mirror, hitting some poses, and watching his developing muscles pop out all over his body. Or using a measuring tape to calculate exactly how many inches he has put on in each body part. But for me, the training experience itself was always very rewarding and pleasurable. The hours I spent in the gym were the high point of my day. I liked the way training felt, the pump I would get during my workout, and the relaxed sensation of near exhaustion that came afterward. I not only enjoyed *being* a bodybuilder, I really got off on actually *doing* bodybuilding.

Training with this kind of enthusiasm is vital. Going into the gym every day and subjecting yourself to workouts that would fell an elephant is too difficult unless you really love it. Bodybuilders who have to force themselves to go to the gym and work out will never achieve the kind of success possible for those who can't wait to hit the gym and start pumping iron. Some athletes need to be encouraged to train more intensely and others have to be cautioned not to do too much. As far as I'm concerned, the athlete who has to be held back is going to come out on top every time.

WHAT YOU THINK IS WHAT YOU GET

When it comes to bodybuilding, the mind is almost as important as the body. The champion bodybuilders I have known have been so motivated that they practically *willed* their muscles to grow. But the mind is impor-

tant for another reason. To succeed in bodybuilding or in any other sport, you need to learn to think. You have to understand what you're doing. You have to master training techniques. You have to go beyond the basic principles of bodybuilding and find out what really works for *you*. You must develop your own instincts just as you develop your muscles and learn to listen to them. Sure, you have to train hard, but it won't do that much good unless you also train smart.

Of course, that all comes with time. In the beginning, every bodybuilder should stick pretty much to the basics. When you are starting, you can't train according to "how you feel" because you have no idea what correct training feels like. That takes experience. The trick is to master the correct training techniques, get used to how working out this way feels, and then you can begin to rely on "feel" or "instinct" to guide you.

Like other bodybuilders, I started out doing the basic exercises. Over time, experimenting in my own workouts, thinking about what I was doing, I found that I could do many sets for chest or for lats, train these muscles with as much intensity as possible, but I still didn't get as good a result as when I supersetted the back and chest—combined a pulling movement with a pressing movement. But this same technique does not necessarily apply to every muscle, nor will every bodybuilder get the same good results training like this that I did. You must learn all of the relevant techniques, and then study how each technique affects you as an individual. *This is the true art of bodybuilding.*

The first step in this process is to understand exactly what you are doing in the gym, and to learn to interpret the feelings you experience from day to day as you go through your training routine. Remember, if you contemplate ever becoming a competitive bodybuilder, your opponents will probably know just as much about technique as you. What will make the difference is the degree to which you have been able to utilize your own instincts and feelings.

No matter how advanced a bodybuilder gets, there are still questions that arise, which is another reason you have to use your mind—to analyze what you're doing and evaluate your progress. Even a Mr. Olympia can find himself unhappy with his progress in the gym and begin to experiment with various training principles to find something that works better. This is all the more reason to learn as much as possible about different principles and ways of training, so you will understand what alternatives are available to you.

All of this is the reason I have created an *encyclopedia* of bodybuilding rather than just another book on how to exercise. I describe how to do a Bench Press or a Barbell Curl, how to choose which exercises to do, and how to put them together in a program. I deal with basic training and then go on to give you the information you need to move on to advanced training and, if that's your goal, to competition. You'll also find instruction on

how to eat to gain muscle, how to diet to lose fat, how to pose, to tan, and everything else involved in the sport and exercise activity of bodybuilding. But, as I've said, this isn't just a matter of hard work, although that's necessary. It also involves thinking and learning—training smart, using the mind and acquiring the knowledge you need to achieve your personal bodybuilding goals.

But before you go on to begin learning the basic principles of exercise, I think it's important that you understand some of the *specific* experiences you will be going through in your workouts, things like the “pump,” the nature of training intensity, muscular soreness and muscular pain (and how to tell the difference), and the huge benefits you can get from having the help of a good training partner—all of which I will deal with in the rest of this chapter.

The Pump

One of the first things you will experience when you start training is the pump. Your muscles swell up well beyond their normal size, your veins stand out, you feel huge, powerful, and full of energy. The pump is usually felt after about 4 or 5 sets. Often you can keep this sensation throughout your workout, feeling an increased pump over time as more and more blood is forced into the area being exercised, bringing in fresh oxygen and nutrients for continued intense, muscular contraction.

What causes the pump is that blood is forced *into* the area by the action of the muscles and the pressure of the cardiovascular system, but there is no comparable force drawing the blood *out* of the muscle. Therefore, this extra blood stays in the muscle for some period of time, swelling it up to a much bigger size. The fact that your muscles get bigger and more impressive when you have a pump is why bodybuilders like to pump up before they pose. When you're in a tough competition, every little bit of advantage helps.

Getting a great pump is one of the best feelings in the world. It's so good that it's been compared to sex—by me, now that I come to think of it, in the movie *Pumping Iron*. According to Dr. Fred Hatfield (“Dr. Squat” to his fans), champion powerlifter and exercise physiology expert, “Quantities of blood flooding a muscle stimulate any number of proprioceptive sensors. Exercise and the resulting pump create a whole cascade of hormonal responses, including the release of endorphins and enkephalins, which are nature's painkillers.” This is the bodybuilder's version of the runner's high, which also occurs due to the release of hormones such as endorphins. In addition, an association develops over time, Dr. Hatfield explains, between the exercise and the positive feeling you get from it, so your pleasure centers are stimulated even more as your body relates the sensation of exercise with the good outcome.

This combination of the physical and the psychological can have a

tremendous effect on how you feel and how hard you can train. When you are pumped up, you feel better and stronger, and it is easier to motivate yourself to train hard, to achieve a high level of intensity. Sometimes, you think you're King Kong walking around the gym! Of course, this feeling may differ from day to day. From time to time you will walk into the gym feeling tired and lazy, but when you get a fantastic pump after a few minutes of work suddenly you feel big, strong, energetic, and ready to lift every weight in sight.

However, there are days when you don't feel very energetic, when the pump just doesn't happen no matter what you do. Sometimes there's a physical reason for this. You haven't gotten enough sleep, you've done too many workouts in a row, or you are dieting and your body simply lacks the nutrients it needs to get a good pump easily. But in most cases, I have found that a lack of pump indicates a lack of full concentration. Sure, it's better to get enough rest, not to overtrain, and to eat well enough to fuel your workouts, but no matter how bad you feel or how much energy you lack I have found you can still get the pump to come if you focus and concentrate hard enough.

Training Intensity

I consider myself a bottom-line kind of guy. What I'm interested in when I undertake something is *results*. In that regard I figured out very early in my bodybuilding career that, as with most things, what you get out of training depends on what you put into it. The harder you work, the more results you will see, *assuming that your training methods are as effective as possible*.

But at a certain point it becomes very difficult to get more out of your workouts. You're working as heavy as you can, so you can't add more weight. You're already doing as many sets as possible and training as often as you can without overtraining. So what do you do now?

Getting better results at this point is a matter of increasing your training intensity. What do I mean by that? Simple. *Intensity is a measure of what you get out of your training, not what you put into it*. What kinds of techniques can you use to increase intensity? For example, you can:

- add weight to your exercises;
- increase the number of reps in your sets;
- cut down on your rest period between sets;
- do two or more in a row of an exercise without resting (supersets).

There are also a number of special-intensity training techniques, many depending on the participation of your workout partner. They include forced reps, burns, forced negatives, supersets, giant sets, partial reps, and rest/pause. They will all be described in detail when we look at how to do bodybuilding exercises in Book 2.

Cardiovascular endurance is one limiting factor in increasing intensity. If you outrun your ability to supply oxygen to the muscles, they will fail prematurely and you will not fully stimulate them. However, if you cut down on rest periods and speed up your training on a gradual basis, you will give your body time to adapt and your ability to train both hard and for longer periods will increase.

It is also a fact that, as you increase your training intensity, you tend to tire more quickly. That is, when you train very hard it's difficult to train very long, even when you are in great condition. This is why modern bodybuilders split up their body part workouts, hitting only a few muscles in each workout rather than trying to train the entire body in a single session. A further increase in intensity occurs when you do a double-split workout, dividing up your day's training into two different sessions, giving yourself plenty of time to rest in between. When I was competing and wanted to train with even *more* intensity I always liked to schedule my heaviest training in the morning, when I felt strongest, rather than trying to handle huge poundages later on in the day. (All the different ways of organizing your workouts will be dealt with in detail in Book 2.)

Of course, there is a big difference in the level of intensity that beginning, intermediate, or competition bodybuilders need—or, in fact, can achieve. When you are starting out, just getting through your workouts can be such a shock to the body that additional intensity is not required. Intermediate bodybuilders, however, may find that they have to give some thought about how to shock the body into further growth. And competition bodybuilders, who are striving for the ultimate in physical development, must generate an unbelievable amount of intensity.

The more advanced you become, the harder it is to continue developing and the harder you have to train. This is known as *the law of diminishing returns*. In 1971, when I was doing thirty sets for shoulders and wanted to shock them into even more development, my training partner, a professional wrestler, told me I didn't have to add more reps, but just to follow him. We started with 100-pound Dumbbell Presses, then went on down to 90-pound, 80-pound, and 40-pound weights—and then without resting we started doing Lateral Raises. After a one-minute rest we went back and did the whole thing over again. In one hour I did so many more repetitions and sets than normal that my shoulders felt as if they had been tortured! But the bottom line was that it worked.

Pain vs. Muscle Soreness

Every bodybuilder has heard the phrase “No pain, no gain,” but it is important to be able to differentiate the (almost) enjoyable pain of an intense workout from pain resulting from actual physical injury.

Muscle soreness following a heavy workout is common among bodybuilders. This soreness is the result of microdamage to muscles, ligaments,

or tendons—nothing that really constitutes an injury, but is often painful nonetheless. A certain amount of soreness is inevitable, a sign that you have really trained intensely.

Another common cause of soreness is the buildup of lactic acid in the muscle, which tends to accumulate in the area being exercised when muscular activity produces it faster than the circulatory system can take it away. The presence of an excessive amount of lactic acid is what gives you the burn when you do a lot of hard repetitions, and it also tends to produce a certain amount of post-workout soreness.

Soreness is not a bad thing and, in fact, can be taken as a good sign, an indication that you have trained intensely enough to produce results. However, should you get so sore that it interferes with your training or other areas of your life, you should ease up for a while. Being a little bit sore does indicate you've had a good, hard workout; being very, very sore simply means you've abused your body and should take things a little easier.

Of course, I haven't always followed my own advice. When I was sixteen years old I was such a fanatic about training that no amount of soreness could possibly have deterred me. In fact, after my very first workout in a gym, after blasting my body as hard as I was able, I actually fell off my bicycle riding home because I was so numb with fatigue. The next day I was so sore I could hardly lift a coffee cup or comb my hair. But I took pleasure in this feeling because it meant I had really gotten something out of my training. Many times since I have deliberately bombed a certain body part—done Chin-Ups all day or countless sets of Squats—and ended up sore for a week! I never minded the inconvenience if it meant I had shocked my muscles into growth.

Surprisingly, soreness seems to result more from “negative” repetitions—that is, when you are lowering a weight—than from positive repetitions, lifting the weight. The reason for this is that eccentric contraction of muscle—lowering a weight—puts a disproportionate amount of stress on the supporting tendons and ligaments, and this is what seems to cause the damage.

In general, you can train despite soreness. In fact, you will start to feel better when you begin working out because you pump more blood into the painful area. Saunas, massage, and other treatments can also make you feel better, but ultimately you will have to wait several days for the overstressed tissue to heal before you fully recover.

But pain can also signal injury, which is much different from simple soreness. It can be a warning that you have damaged yourself in some fairly serious way. The very real pain of a strain, sprain, or other stress-related injury is telling you to STOP—immediately! There is no working through this kind of pain. Anything you do that causes you to feel the pain is just going to make the injury worse. Your only recourse is to rest the area in question, and to seek medical help if the injury is serious or if it persists.

(For more information on injuries, how to recognize them and what to do about them, see *Injuries and How to Treat Them*, page 774.)

Eventually, you have to learn to tell the difference between “good” pain and the pain of injury if you want to succeed in bodybuilding. Trying to train through a real injury can put you out of action for a considerable time or can even cause an acute injury to become a chronic one that you have to battle against for years.

But some kinds of pain are not only inevitable in bodybuilding, they are practically essential. After all, it is those last few reps that you perform after your muscles are burning and telling you to stop that often mean the difference between progress and the lack of it. The tenth or eleventh repetition of Barbell Curls, while your biceps are screaming in agony, may be the only way to develop championship arms. This phenomenon of working until your muscles are burning with pain isn’t something that happens just in bodybuilding. When the legendary Muhammad Ali was asked how many Sit-Ups he did in preparing for a championship fight he replied that he didn’t know. “I don’t start counting till it starts to hurt,” he explained.

Obstacles and Setbacks

Progress in bodybuilding usually does not come about in a smooth, upward curve. But when it does, the results can be very gratifying. I remember a time when I could count on seeing a one-inch increase in the size of my arms every couple of months, regular as clockwork; those were the days I could count on putting on more than twenty pounds of muscle every year no matter what.

But events can conspire to put obstacles in the way of your training progress. There is getting sick, for example. When most people get the flu it is a matter of inconvenience. But for a bodybuilder with eight weeks left to go to a contest it can be a disaster. You can’t just lie in bed and throw away months of effort, but you don’t feel well enough to train. The solution in this case, at least in part, is finding a sports medicine-oriented doctor who understands your situation and will do what he can to help you get well while you continue trying to get in the best shape you can under the circumstances. There can be worse obstacles. I’ve known bodybuilders with severe juvenile diabetes who nonetheless managed to train and diet hard enough to win amateur bodybuilding titles. And there is the case of Dennis Newman, the USA Bodybuilding Champion, who battled successfully with leukemia and was eventually able to resume his career in the professional division of the IFBB.

Overcoming obstacles is often a matter of being able to make adjustments. I remember being in New York in the dead of winter and not being able to go out and run to get in my cardiovascular training. What did I do? I ran up and down the fire stairs of the Park Lane Hotel, and the amount of soreness I felt the next day showed me what a terrific type of

exercise this really was. Nowadays, most good hotels have at least some kind of training facility, and it's a lot easier to find gyms in cities all over the world than it used to be, so getting in a workout when you're traveling is not as difficult as it used to be. But as much as I recommend training in a gym with good equipment, if you are really pressed for time or somewhere no gym is available, taking along some kind of exercise device with rubber bands or springs or whatever is a lot better than doing nothing. Again, bottom line, if you don't do the work, you don't get the results, no matter what your excuse is.

There are environmental factors you will sometimes be faced with, too. For example, I remember being in Denver on a book promotion tour and going into the gym with a television crew. With the lights and camera on, I got all psyched up and did lots of Bench Presses and other exercises, but at the end of twenty minutes I was so out of breath I could hardly stand up. The television producer told me, "Okay, we have enough," and all I could think of was, I've had enough too! I realized that my difficulty came from being over a mile above sea level and not being able to get enough oxygen. I knew I would have to pace myself carefully if I ever tried to really work out at that altitude before becoming fully adapted to the thinner air.

High humidity is another difficult environmental condition. Try training in Florida or Hawaii in the summer with no air-conditioning and you will find you cannot hit your workouts nearly as hard as normal. I once went to South Africa to train with Reg Park—it was the middle of winter in Austria and the middle of a very hot and humid summer below the equator—and I found myself using thirty pounds less on most exercises, fifty pounds less on others, until I had been there for a week or two and my body became acclimatized to those very different conditions.

Cold does the same thing. During a break in the filming of *Conan* I flew from Spain to Austria at Christmastime, accompanied by Franco Columbu, and we trained every day in freezing weather in an unheated garage with one door open to the outside environment. That was the coldest I have ever been working out and I learned that training when it is very cold requires very specific kinds of adaptation—you have to warm up more thoroughly and keep your warm clothes on even after you start to sweat. You also have to be careful because it can get so cold that your hands will literally stick to the metal dumbbells and barbells. I adapted fairly quickly to this environment because I had trained in fairly cold conditions before, but it still required an effort to get a good workout without the sunny California climate helping me along.

Another obstacle that can produce severe setbacks is injury. Many bodybuilders never experience a serious injury, but you have to consider the possibility. My worst injury did not happen while training, but occurred when a posing platform slipped out from under me during a competition in South Africa. My knee was so badly injured that it was feared

for a while that my bodybuilding career was over. The first doctor I saw advised me not to continue training, but I soon realized that he did not understand athletes and sports injuries, so I simply went and found another doctor.

This was a very discouraging period. I had worked for five years to build my thighs up from twenty-three to twenty-eight inches, but two months after the accident my thighs measured twenty-three inches again! I felt as if five years of sweat and sacrifice had been thrown out the window.

Luckily, I found a specialist, Dr. Vincent Carter, who was able to help me. He told me, "Don't you know that the body is stronger after an injury than before? That a broken bone heals stronger than before the break? We'll whip you into shape in no time!" That positive attitude cheered me up right away. I had an operation, but when the cast came off I still had that twenty-three-inch thigh.

Now I had to not only rehabilitate the injured knee but deal with the psychological setback as well. I found a physical therapist, Dave Berg, who put me on a serious exercise program and wouldn't let me baby myself. In only three weeks I gained 1½ inches on my thigh and soon was starting to do Squats again. When I went back to Dr. Carter, he asked me how much I was squatting with, and I told him 135 pounds. "Why?" he said. "What's wrong with you? The injury is healed, it's all finished with. You told me you could squat with four hundred pounds, so it's time to get back into it."

My injury and operation had taken place in November 1971, and by March 1973, I was healed and ready to train seriously again. It was seven months until the Mr. Olympia contest, so I decided to forget about the injury and train for the competition, and this led to another Olympia title. However, if I had not kept a positive attitude, sought out the medical help I needed to completely recover, and fought against the discouragement that comes with any serious setback, my career might really have ended right then.

Your Training Partner

Throughout my bodybuilding career, having the right training partner was essential to my success. Franco Columbu is one of the best training partners I ever had. In the years Franco and I trained together, I know I made much more progress than I would have training alone.

What are the necessary qualities of a good training partner? For one thing, he has to be giving. He has to care about your success as well as his own. He can't just do his set and walk away while you do yours. He has to be there with you. "Okay, yesterday you did eight reps, today let's go for nine!" A good training partner wants to train at the same time you do—not at six if you want to train at five. A good training partner calls you and asks, "How are you feeling today?" He not only shows up on time for your



Dave Draper was the original "golden boy" of the sport. To Europeans he represented the classic California-type bodybuilder.



My training was always first-rate when I had training partners like Franco Columbu and Ken Waller to push me.



Casey Viator was one of the most powerful training partners I've ever had.

workout but also suggests, “Hey, let’s get together and do some posing practice.” Ideally, he should have the same goals as you. If you’re training for competition, if you’re trying to build up to a 400-pound Bench Press, if you’re on a strict diet and trying to lose a lot of body fat, it all goes much easier if your training partner is focused on achieving the same kinds of things.

A training partner should bring a lot of energy to your workouts. Nobody is at 100 percent every time he walks into a gym, and if you’re having a low-energy day your training partner should be there to kick you into gear and get you going, and you should do the same thing when you’re the one with the most energy. It’s also a great advantage to have somebody waiting in the gym expecting you to show up no matter what the weather is like, how much sleep you got the night before, or how you happen to be feeling.

Franco and I used to compete constantly, each trying to lift more weight than the other and do more sets and reps. But we weren’t competing in order to defeat each other. We simply used competition to create an atmosphere in which any incredible effort seemed possible.

I have relied on different training partners for different results, depending on their individual characteristics. I trained with Franco in the morning, since he trained only once a day, and we did mostly power training. I trained with Dave Draper for lats because I wanted extra sets for

Training with Ed Corney got me in my best possible shape for the 1975 Mr. Olympia in South Africa.



Franco Columbu, Jusup Wilkosz, and I all started out as weightlifters, which gave us a muscle density that bodybuilders who have not done power training lack.



One of the biggest thrills of my life was when I actually got to train with and compete against my bodybuilding hero, Reg Park.

these muscles; Dave just loved working in the gym and would train for hours doing endless sets. Frank Zane was a good training partner for isolating specific muscle groups. Each training partner has his own particular value, so you may want to train with more than one person in order to get a whole range of benefits.

Choosing a training partner is a lot like a marriage, and you want to marry somebody who is an addition to your life, who makes it better, not somebody who causes you to say, "Whew, this marriage stuff. What did I get myself into?" This is not just a matter for competition bodybuilders. A beginning bodybuilder might want to train with someone more advanced, but that advanced bodybuilder may be working on refining his physique

rather than creating a basic, powerful muscle structure, and the beginner would not profit much from that kind of workout. A businessman who wants to train to stay in shape might find himself overtaxed trying to train with a full-time bodybuilder. It's all very simple: A training partner who helps you make faster and better progress is a good one; a partner who holds you back in any way is a poor one.

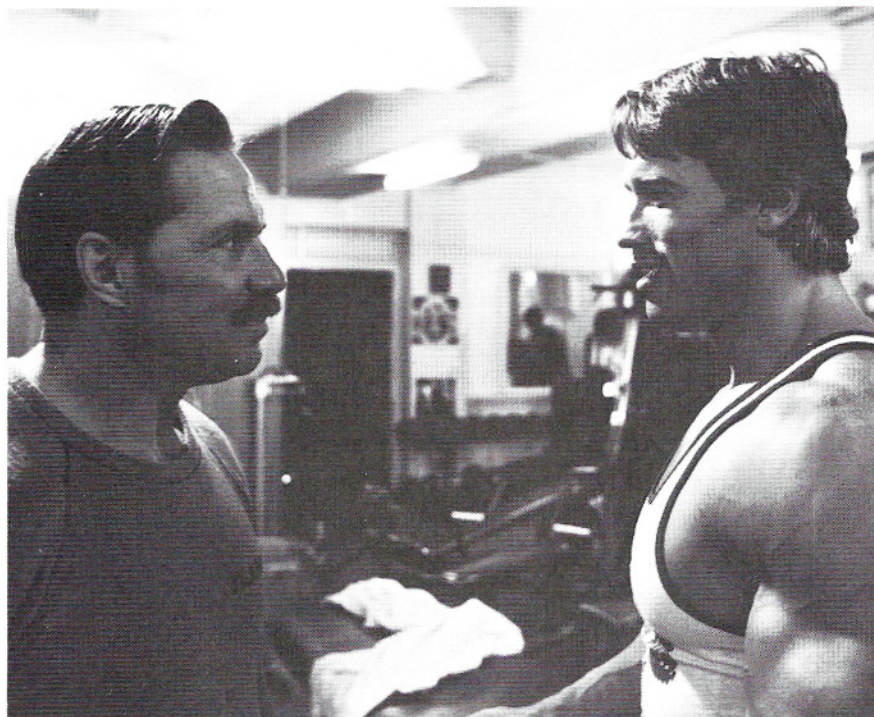
Scheduling Training

If you are motivated enough, you will find a way to make sure you get in your training sessions, no matter what.

One of the most common complaints I hear is from people who say they just can't find the time to get in their workouts. Some are young bodybuilders who are in school or have jobs that make scheduling workouts difficult. "I envy the pro bodybuilders," they say, "who have nothing to do all day but train, eat, and sleep." When I hear that I remember Sergio Oliva working all night as a butcher and then going to the gym for killer workouts. Or what Franco and I had to deal with when we were first in this country and trying to maintain our training schedules while working during the day laying bricks.

I made much of my best early progress when I was in the Austrian Army and had a lot of other demands on my time. When out on maneuvers for six weeks along the Czechoslovakian border and driving tanks fifteen hours a day, I had to pump in fuel with a hand pump, wrestle with huge fuel drums, change wheels, and do maintenance. We slept in

Bill Pearl never talked me into becoming a vegetarian, but he did convince me that a vegetarian could become a champion bodybuilder.



trenches under the tanks until we were awakened each morning at six. But I had another idea: My buddy and I would get up at five, open the tool compartment of the tanks where we had stored our barbells, and exercise for an hour before everybody else woke up. After we finished maneuvers for the day, we would train for another hour. I can't imagine any more difficult circumstances in which to train, so I submit that finding the time and energy for your workouts is simply a matter of motivation plus imagination. Each bodybuilder has to find a time to train that suits his particular situation.

Even today I still have to deal with the same scheduling problems. For example, when I was filming *Batman and Robin*, I had to begin makeup at 5 A.M., which took three hours and there was no time to train in the morning. But during the day when there was a change of setup I would ask how much time it would take. "An hour and a half," I was told. So I would take the time to get out of all my "Mr. Freeze" armor, go to the exercise trailer and do light exercises, enough to give me a pump, but nothing that would make me sweat too much and ruin all that makeup. Filming other movies, where we got an hour for lunch, I figured that it doesn't take an hour to eat. So I would go and work out for half an hour, spend fifteen minutes eating, and then the final quarter hour have my makeup fixed for the next take.

All the actors I work with in the movies know I work out early in the morning or during the course of the day, and that I will always try to get them to come along and do some exercising with me. On talk shows, when they are asked about the difficulty of filming, they always say things like, "Making the movie was easy. What was hard was having to work out every day with Arnold!"

So I am fully aware that scheduling workouts can also be a problem for those not dedicated to pursuing a competitive bodybuilding career. Busy with jobs, careers, family, or raising kids, people think, There is not a single hour in the day I can put aside for working out. But the bottom line is this: If you don't find the time, if you don't do the work, you don't get the results. Are you sure there's no time to spare? For example, I've read reports that said the time most wasted during the day is the period between 10 P.M. and midnight. Is your favorite late-night television program more important to you than building a great body? Why not go to bed and get up an hour early? I've trained a lot at 5 A.M., and while it takes some getting used to, I've had some of my best workouts at that time of the morning.

When my wife, Maria, and I had an audience with the Pope in the 1980s, he told me that *he* worked out every morning at five. Ronald Reagan and George Bush both managed an hour workout a day when they were in office. Most of the most successful men in business and the movie industry tell me that they do their best never to go a day without exercising. These are the busiest men in the world! How do they manage? They

are good at organizing their time and they recognize the importance of including training in their lives.

Sometimes it's hard to keep on a schedule because people around you, sometimes with good intentions and sometimes not, seem to do everything they can to dissuade you from attaining your goals. For example, how supportive of your training ambitions are your family, friends, or spouse? Negative vibes from the people in your life can be difficult to handle. It takes extra effort to retain your confidence and stick to your routine when those close to you don't accept your chosen goals. "Why can't you come out for beer and pizza?" they may ask. And the answer that you are on a diet and have to get up early may not meet with a positive reception. You can end up being called egotistic or self-centered by those who don't realize that *they* are the ones being self-centered by not appreciating how important training is to you and what it costs to pursue this kind of effort. And I am sure I am not the only one who has had his girlfriend complain about his getting up at five o'clock in the morning to go to the gym.

Your diet regimen can create problems, too. Eating with friends is a very pleasant social ritual, but one you will have to forgo much of the time. When somebody who should know you are in training keeps offering you food that is not on your diet, you know they don't understand or, worse, don't have your best interests at heart.

Many serious bodybuilders who work take food with them to the job, or even keep a hot plate at the workplace so they can make meals during the day. Having a supportive boss who understands what you are trying to do can be very helpful. If you don't, then you will simply have to make whatever adjustment is necessary.

TRAINING FOR WOMEN

How different is bodybuilding training for women than it is for men? In my opinion, not very—which is why I am not devoting space in this book to dealing with training for women separately.

Some people have trouble grasping this concept. Women are smaller. They have different hormones. They aren't as strong. Sure, but muscle is muscle and a Bench Press is a Bench Press. Women have less upper-body muscle than men do, so it generally takes them longer to develop this area than it does the legs. They usually can't handle the same poundages as men (although plenty of women in the world can bench over 300 pounds!). But what differentiates a woman's training are her goals: She's probably more interested in shaping and tightening her body than in building big muscles. So, even though she'll commonly do the same exercises as a man (with additional exercises thrown in to target problem areas like hips, thighs, and triceps), her program setup will probably differ rather dramatically from a man's. The most likely difference will be that

her workout consists of fewer sets per muscle group but more reps per set. This builds muscle endurance while sacrificing maximum muscle size. The *execution* of those exercises, though, remains exactly the same. We all need to develop programs that suit our own individual needs, our strengths and weaknesses. The goal for men and women is the same: to create the maximum possible *aesthetic* development of the physique.

Women can benefit from training partners, need to deal with soreness and setbacks, should avoid overtraining, can feel a great pump, have to cope with injury—just as men do. In fact, I often trained with female training partners, which I found both motivating and challenging. So my advice to women interested in serious training is simple: Your muscle cells don't know you are a female. They will respond to progressive-resistance weight training as does a man's. If you admire physiques such as those of Rachel McLish, Cory Everson, Anja Langer, or Lenda Murray, don't forget that they worked long and hard to develop those bodies. They sweated in gyms right alongside men. Bodybuilding is a sport, and both men and women do it, just as both men and women play tennis, basketball, and volleyball. And as far as the training experience is concerned, all that counts is getting through the next rep, the next set, the next workout. The correct approach to training is what produces the best results.