



Building the Body: 2010 - Winter

Frank Zane

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Building the Body is published 4 times a year and gives a new slant on bodybuilding. It's all about how to get the most from your training by having a holistic approach, paying attention to all aspects of your workouts, nutrition, attitude and recuperation. Unlike other bodybuilding mags that contain 75% advertising, it contains no paid advertising, just helpful information based on my personal experience and that of my clients.

The winter issue of Building the Body Quarterly Magazine has been published and is now being printed. We expect to do the mailing by the end of January. This issue features some of the best color photos I've ever taken. One week before the 1979 Mr. Olympia Christine captured my condition which might be my best shape ever. You can decide as these photos appear in full color on the front, back, and inside covers. With inside information about what really went down, this Winter issue makes for very interesting reading.

Articles Include:

1. Arnold – What's he really like? I've known Arnold Schwarzenegger for over 40 years and have shared in some unique experiences. Read all about them
2. What do ya bench? How much bench pressing should you do? How should you do them? What's the best use for this popular exercise?
3. Rest between Sets? How long you rest between sets depends upon what you are after. Want more definition? Rest less but it will affect your strength. Want more size? Rest longer so you can recover enough to use more weight on successive sets.
4. Jim Phillips' 50 Year Old Body. After doing a Zane Experience program Jim got into the best shape of his life and won some contests. Read what it was like.
5. James Pencola – survived a devastating auto crash, spent months in a coma, learned to walk, talk, eat, move all over again, and is now a certified personal trainer.
6. Proportion – is the blending of all developed bodyparts into a pleasing overall picture. It's what most people mistakenly refer to symmetry. Perfect proportion is a life long quest and is the most important physique goal a bodybuilder can have.
7. Q & A – We get lots of interesting email and here's the best of it.
8. My Diet – Here's my complete eating and supplement program comprising my current nutritional program and why I'm dieting this way.
9. The Lifetime Fitness Average – Master trainer Larry Kay explains why the fitness average taken over your whole lifetime is much more important than a few physical peaks reached in training for competitions.
10. The Zane Trainer – Starting this year I am teaching a new personal trainer certification program. It is the


only program that offers one to one hands on instruction with me in my private San Diego gym. Completion of this course teaches you everything you need to know to help beginners make progress. You can be a Zane Trainer!

11. Mr. Olympia 1982 – Read all about what happened in London competing at my heaviest ever bodyweight. What could I have done better?

12. Feedback – Knowledge of results is essential for ongoing motivation. Photos are the best way to develop an awareness of what you look like so you can take the right steps to do something constructive about it.

13. Dreaming in Ernest – See if you can interpret this provocative dream. What does it all mean?

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Patrick Richards:

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Juan Dishon:

Building the Body: 2010 - Winter can be one of your beginning books that are good idea. We all recommend that straight away because this publication has good vocabulary that will increase your knowledge in language, easy to understand, bit entertaining but nonetheless delivering the information. The author giving his/her effort to place every word into enjoyment arrangement in writing Building the Body: 2010 - Winter however doesn't forget the main place, giving the reader the hottest in addition to based confirm resource details that maybe you can be considered one of it. This great information could drawn you into new stage of crucial thinking.

Kathleen Carroll:

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