



## Building the Body: 2007 - 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.

This issue explains how I trained for my peak in detail. Following a 3 way split: pushing muscles, legs, pulling muscles, I trained a day and rested two days the last two weeks preceding photos and tensed the muscles a lot instead. My legs got better than ever due to consistent use of the Leg Blaster for the past 25 years and lots of one legged and 2 legged extensions done once a week. I was unable to do more than one hour total aerobics a week due to a hip injury, but it is now healing thanks to Pulsed Magnetic Field Therapy which is explained in this issue. Here's the contents:

1. My Peak at Age 65 -- How Frank got in the best shape of his life in recent times.
2. The 4 Levels of the Aging Process: The Role of Voluntary Controls by Ed Kellogg, PhD: how the mind can control the body.
3. The Life of Sri Chinmoy -- Spiritual Leader recently passed away.
4. Pulsed Magnetic Fields -- Are the effects of treatment too good to be true?
5. Mr. Olympia 2007 report from two different perspectives -- Monsters continue to rule as Jay Cutler wins a second time.
6. Failure is Not an Option -- Why it's best not to train to failure.
7. Bodybuilding and Functional Training --It's benefits and why you might want to include it in your training by John Burris, neuro-muscular therapist. Frank Zane back cover Winter 2007
8. Marathon -- Want to do it? Is it good for you? Walking versus running.
9. Muscle Wasting and the Metabolic Syndrome Plague by Ken O'Neill -- some interesting and scary facts about losing lean muscle tissue as you age and how to prevent it.
10. Frankly Speaking -- I'm shooting for end of March to have my new training manual on how to develop great muscular definition: the training, supplements, recipes.

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