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SPECIAL REPORT

● **Legendary Trainer
of Bodybuilding's
Champions**

**Six Rules of
Weight Gain**

Vince Gironda's

Training Secrets

Vince Gironda's Training Secrets

by Vince Gironda

I think that rules are made to be challenged, questioned, changed or broken completely. There is no absolutely right or wrong way to work out. Too many bodybuilders slave away year in and year out using exercises and concepts they never bother to analyze.

When I experiment with a new exercise, I don't do it for a week or two and expect to feel or see any difference. I give it a chance and let it become a habit. Any exercise I recommend is one that I personally tried and tested for at least nine months. That way you can benefit from a proven result.

I'm flexible in my thinking and give new concepts a fair and working chance. I have no magical secrets other than keeping an open mind. If the old, worn patterns fail to produce, throw them out. If they're partially successful, creatively improve them. If an old routine or exercise combination works, I'll use it. Why tinker with a good thing? If I get the results I want in changing, developing and renewing my body, then I've found a road map to the perfection I seek.

Most of my pupils arrived at my gym underweight and lacking muscle size. If someone needed to gain 20, 30, 40 or 50 pounds to reach his goals, I gave him the following information, along with the admonition that he strive to gain only quality muscle mass--in the right places. In other words, he should work to improve the shape and symmetry of his body by adding mass to his weak points.

Larry Scott came to me weighing 157 pounds. When he won his final Mr. Olympia title, he weighed 207. Larry did it the right way. He gained quality muscle and reshaped his physique by working his weak points harder than his strong points. To compensate for his narrow clavicle, he built massive delts and arms. Take heed of Scott's success: Gain all the weight and muscle you need to reach your goals, but only in the right places.

Larry Scott is just one of the many hundreds who have used my weight-gaining procedures. Gene Mozee came to me when he was about 18 and told me he wanted to weigh 200 pounds--he was 150 at the time. I didn't recognize him when he returned a couple of years later weighing 220 and with 20-inch arms. He said it was the weight-gaining information I gave him that enabled him to build such muscle mass. The



photo by Gene Mozee

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following is the information I gave all my underweight pupils.

Weight-Gaining Procedures

Blood builds muscle. Taking 10 desiccated-liver tablets and one high-potency B-complex tablet every three hours produces a high red blood cell count and more blood volume. Iron also is an oxygen carrier, as is wheat-germ oil. Those who want to gain weight should substitute certified raw milk for coffee too.

Observe the following rules:

1) Never overeat. Instead, eat smaller meals every three hours. That way nutrients are available all day long for energy and building and repairing muscle tissue.

2) Never let yourself go hungry. Don't skip a scheduled meal. Keep your body constantly supplied with the fuel it needs to meet the demands of your exercise program and work.

3) Absolutely no smoking. Nicotine constricts the capillaries for as long as eight hours, as well as burning 25 milligrams of vitamin C per cigarette.

4) Control your emotions--don't let them control you. Calm down. Slow down. When you're too tense and too active, you're constantly in a catabolic state.

5) Be sure to sit or lie down with your feet and legs elevated after every meal. That lets the blood in the body concentrate around the stomach for maximum digestion.

6) Stay focused. Keep your eye on the prize. Don't waste energy playing football, softball or other vigorous recreational sports. Those activities will hinder muscle growth and weight gain.

Here are a few other useful suggestions. A European weight-gaining trick that really works is to drink equal parts cream and ginger ale. Drink this as a between-meals pickup at 10, two and four o'clock. I've seen students gain as much as 40 pounds using this. It works very well for football players who need more weight and size to be competitive.



photo by Mike Neveux

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It's important to keep a regular schedule for eating and sleeping as well for working out. Eat at the same times, train at the same time and relax and retire at the same time every day. The body responds best to routine.

Don't stuff yourself with three giant meals a day! Your body won't use the food efficiently. The question is, Why do you feel the need for more food than the body actually requires? The answer lies in what you eat. The body interprets food as nutrients, vital minerals, vitamins and enzymes. If the food you eat doesn't contain sufficient amounts of those elements, you're bound to overeat in order to feel satisfied.

To build a fabulous physique, you must also consider the mental state. The masters of Zen, hatha yoga and judo teach us that human beings have lost touch with the instinctive wisdom of the body. I'm not sure they're entirely right. I've seen many top bodybuilders who seem to have this instinctive wisdom. The point, however, is well taken. It's important to be in touch with this source.

To obtain this state of awareness, the Zen masters advise us to be completely aware of what we are doing at the moment. Physical discipline should be free of all craving for becoming. One should see and feel as if one had already obtained the desired state of being. In other words, you need to concentrate: to bring all of your powers, faculties or activities to bear on a course of action or thought.

It's been my observation that the really great bodybuilders, such as Larry Scott, Sergio Oliva, Frank Zane and Arnold Schwarzenegger, among those who trained at my gym, developed this power of concentration to a very high level. They always kept totally focused on what they were doing and where they were going. They visualized themselves as having already won their Mr. Olympia titles and fully developed their potentials long before they actually achieved that. You would do well to emulate these champions. **IM**



photo by Mike Neveux