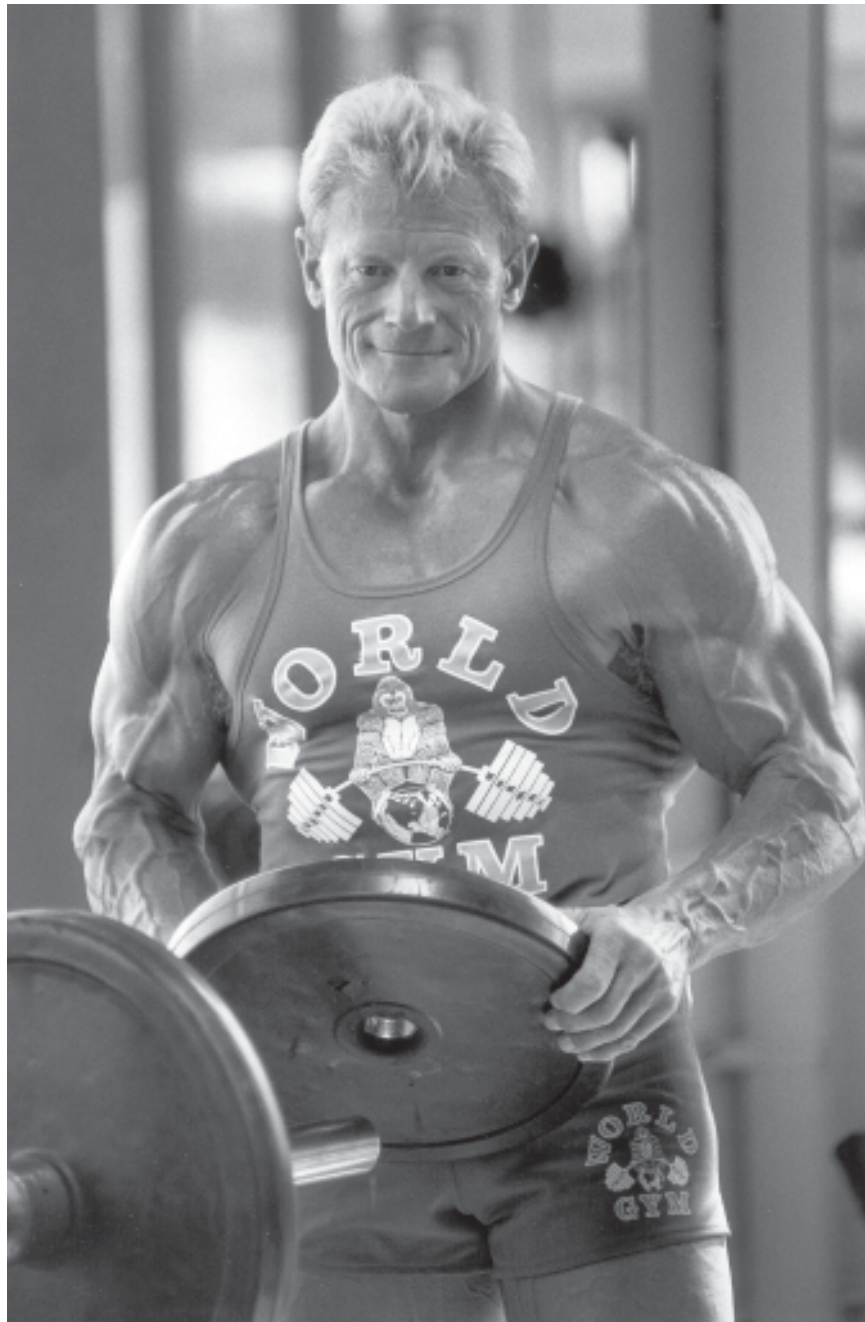


# **GETTING STARTED**

**Please visit [davedraper.com](http://davedraper.com) for more guidance.**



Mike Neveux

*Do I put this here or on the other side? Is it backwards or do I have it right this time? Once it's on there what do you do with it? I thought this stuff was basic and simple.*

## INTRODUCTION

There's a time and place for everything. For every action there is a moment.

Some folks, the planners, need to know the time and place before events occur and find it helpful to outline them in advance. Gives one a goal—a sense of direction and control.

Others, the note keepers fascinated by the transpiring of events, record them as they happen. This act gives time and place substance and concreteness—the events are truly taking place.

There are those who prepare future events by considering the time and place of past events, and in this case, the sets, reps and weight. We call them strategists. Today's action is directly related to the action of yesterday and the days before.

I know some people who find the experience of “being” more complete if they are writing about it, pen and paper and mind synchronized with the moment. Students of life.

Finally, the historians find pleasure in nostalgia, *deja vu*, reviewing the past and learning from its success and mistakes. Recalling and remembering bring joy to the present and fortification to the days ahead.

The training record is an important tool in the eager hands of the beginning lifter and in the calloused and chalk-covered grip of the pro.

A comprehensive list of the exercises, sets, reps and weights are invaluable to the guy or gal starting out on the invigorating trail of fitness and hard work. A clear pattern of exercises written in the black and white of your own hand allows you to concentrate on muscle resistance and exercise form, the sounds and smell of your surroundings and the purpose of your endeavors. Everything is under control; you can record the statistical particulars, feelings, concerns and inspirations in your personal log to deepen them in your mind and to ponder and review at a later date—tomorrow, next year.

Order in your training is a key to weight training advancement and the order gained in your training and record keeping is an advantage in your life. Strength and performance development is evident in your notes and your notes assist in making the progress. Comparisons of sets to sets, reps to reps, weight to weight and workout to workout all add to your constant strain to press on.

Professional athletes very often record and calculate their workouts precisely with definite long-term plans laid out. Remarks are scribbled in short hand, the tone and direction of the day's work defined in a language meaningful only to them. Training diaries are precious and guarded by life.

Just as the records kept free your mind to focus on your exercise, so does record keeping draw you into your training. It becomes comfortable, compartmental and whole and significantly personal, a stirring current in your pressure forward.

You will find your commitment becomes more robust as you take the moments to open the pages and fill in the blanks. The moments are yours, you notice, and soon brief conversational observations line the pages, administering advice and hope and audience.

You're learning and growing, day by day, page by page.

## **SIX KEYS TO BODYBUILDING SUCCESS**

To make clear the simplicity of bodybuilding I've arranged a list of six basic keys to successful training. They're nothing new and read like the same stuff in any motivational book on the market today. Yet they are a valuable reminder of the essentials to getting started and sticking to it.

- 1. Set realistic goals — short and long term.**
- 2. Plan an orderly and thorough routine to train the entire body.**
- 3. Make a commitment to stick to your routine for four to six weeks to realize the changes and benefits, develop perseverance and create a habit.**
- 4. Establish enthusiasm for your training, the driving force to perform successfully.**
- 5. Ease into an appropriate training program with a wholesome, thoughtful nutritional plan: proper foods, amounts and order of consumption.**
- 6. Be confident from the beginning that the application of these sound principles will produce the desired results.**

## NUTRITION RULES

Good nutrition, like good training, is simple — learn the basics and practice them consistently. A little knowledge and a lot of discipline is the secret. Apply yourself diligently; look ahead, don't look back and don't look for shortcuts. There simply aren't any.

Health and fitness has climbed to the top of our popularity list and has become big business. As you've noticed, there's a gym on every corner and a glut of diet and body-building formulas to pack on muscle and burn off fat.

Competition is fierce, the promises are bizarre and we're all confused, suspicious and eventually numb. We have on our hands a zillion ways to diet, feed ourselves and live our lives for fitness. Let's summarize the fundamental nutritional facts, manipulate them and determine an eating plan that is sensible, agreeable and appropriate for you. We'll do it together. Not a high-wire act under which there is no net, but an on-going, rewarding and healthy lunge forward.

First, let's clear the air and put a few things in order.

## THE TWELVE RULES

**RULE # 1** — Be tough. Stay away from nasty fats, excessive salt and simple sugars. This eliminates ninety-nine percent of the fast foods, munchies and soft drinks. Who needs them? In a few short weeks, you won't want them, wonder why you ate them and feel sick if you do! I don't mean to be rude, but ... junk is for jerks.

**RULE # 2** — Eat a basic breakfast of complex carbohydrates, protein and fat to establish your metabolism for the day and provide fuel and muscle-sustaining ingredients. In a nutshell (and setting aside for now the hormonal and enzyme chemistry taking place at all times), protein builds muscle and carbohydrates and fat supply fuel for energy. Breakfast can be an easy-to-prepare meal from a quality protein shake to a bowl of oatmeal, scoop of cottage cheese and fruit. A gulp of flaxseed oil (or a couple of tablespoons in your protein drink) works extremely well to set up your day's efforts. If you don't feed yourself a wholesome meal in the morning, your body will draw on your muscle stores as a source of energy, putting you in a slump and muscle deficit. Major insurance policy: Add a good vitamin and mineral formula and a gulp of flaxseed oil each morning to put order and efficiency in your body chemistry.

**RULE # 3** — This one can be the rascal — with whatever effort it takes, feed yourself every three to four hours throughout the day; again, each meal consisting of protein, fat and carbohydrate. Any combination of the following is perfect: tuna and

brown rice, hamburger patty and red potato, cottage cheese and fruit, chicken and salad, etc. You'll notice that sandwiches are not in my top-five list. Discover TupperWare™ and packet-size meal replacement powders.

**RULE # 4** — Newsflash: To gain weight, eat more. Assuming you're hitting the weights, be prepared for solid bulk weight; lean muscle mass exclusively is a daydream. To lose weight, eat less, still as often. Don't starve the muscle.

**RULE # 5** — I have always instinctively leaned toward a higher intake of protein over carbohydrate to build a lean body. Emphasize protein. Vegetarians, take particular care in order to get plenty of protein in your diet.

**RULE # 6** — Between-meal snacking for the trainee looking to gain weight is okay if the snack is truly nutritious — no junk. Don't let snacks be a substitute for a complete meal or become a weak habit. You who are seeking weight loss, consider snacking counter-productive. Good snacks are fruits or vegetables, jerky, protein energy bars, yogurt, cottage cheese and light protein drinks.

**RULE # 7** — Simple carbohydrates (sugar, honey, soft drinks, candy and cakes) provide us with a quick pick-up but let us down just as quickly. Excessive sugar plays havoc with our insulin metabolism and leads to fatigue, poor performance and fat storage. Not good.

**RULE # 8** — Fuel up before your workout. Eat a small, easily digested meal about an hour before you train (also a good time to stock your creatine stores). With protein and complex carbohydrates in your system, you'll train harder, longer and with more enthusiasm. You won't experience low blood sugar jitters or dizziness; you'll get a great pump and probably hit that last rep.

**RULE # 9** — Similarly, you need to eat a hearty protein meal with plenty of carbs within forty-five minutes of completion of your workout. This is necessary to provide the muscle-building materials to repair depleted tissue and begin the process of building new muscle. Big Tip — whey protein drinks work great here, as well as for pre-workout fuel. Again, restore creatine levels.

**RULE #10** — The most important ingredient in your body is plain water. The quality of your tissues, their performance and their resistance to failure is absolutely dependent on the quality and quantity of the water you drink. Flood yourself throughout the day, especially during the workout.

**RULE #11** — Sleep, rest and relaxation are of prime importance. It's during periods of sound sleep that our bodies recuperate and build muscle tissue.

**RULE #12** — Regard the twelve rules listed and the underlying premise of the chapter (to build muscle and lose fat) as a regular life-long, life-rewarding priority, one that hones discipline and is honed by that same discipline. I dare to say that only a fool regards them as less. Delight in the journey, day by day, for good.

Logical, easy to understand and time-tested, these basic precepts and their observation are not a disciplinary nightmare and do not lead to depression and withdrawal. Pause for a moment: Think clearly. You have not taken on a project like cleaning out the garage or improving your golf swing. You have undertaken the life-long process of fitness, building and maintaining vital muscle, losing burdensome fat. Does this overwhelm and dishearten you? I understand. What disheartens me is the dismal alternative.

The task is easy, a daily practice without beating yourself, expecting perfection or scrutinizing the subject. Discounting laziness, lack of ambition, irresponsibility and other similar disabilities, only one enemy stands in your way: doubt, the devil's deception, also known as negativity, misperception and poor attitude. Persistent, positive performance, confrontation and contempt the enemy cannot withstand. He will fall and fall hard. Fight the good fight.

## THE DRAPER MENU

I have a life, thank you. Listed next is an outline of my daily menu. It is designed to service my needs: aggressive weight training to maintain or gain muscle mass through my perception of the off-season (October-April). I'll repeat here for calculation purposes: I'm a fifty-eight-year-old male, six feet tall, two hundred and twenty-five pounds, bodyfat under ten percent, weightlifting five days a week consisting of about two hours per workout.

Meal proportions may vary to control target accuracy. Sources of protein, fats and carbs vary only slightly. I am well fed and denied of nothing. Cheat days — ha! — are defined by my eating a bran muffin or a meal replacement bar. Fact is, I enjoy the order and rigidity of my diet — It brings me peace. No regimen, I feel sloppy and careless, guessing and out of control.

Discipline to me is as flight to an eagle; a prize to the champion before the race has begun, a dark-toned and heavily-textured straight line through the wilds and across the peaks and dunes. Discipline — It's yours if you want it or need it. Help yourself.

## BOMBER DAILY MENU

Morning supplements: Super Spectrim vitamin/minerals, vitamin C, creatine, MSM, glucosamine, EFA oil

### Meal 1

Pre-workout — Whey protein drink (2 scoops Bomber Blend, 16 ounces low-fat milk, 2 eggs, small banana, tablespoon peanut butter)

780 calories (73 g protein, 56 g carbs, 30 g fat)

1 piece of toast (whole wheat)

70 calories (2 g protein, 13 g carbs, 1 g fat)

Meal 1 total:

850 calories (75 g protein, 69 g carbs, 31 g fat)

Pre-workout Ripped Force drink

90 calories (0 g protein, 23 g carbs, 0 fat)

### Meal 2

Protein drink (2 scoops Bomber Blend, 16 ounces low-fat milk, 2 eggs, small banana, tablespoon peanut butter)

780 calories (73 g protein, 56 g carbs, 30 g fat)

Meal 2 total:

780 calories (73 g protein, 56 g carbs, 30 g fat)

**Meal 3**

Post workout — Large hamburger patty,  
579 calories (66 g protein, 0 g carbs, 35 g fat)

2 micro-waved red potatoes  
290 calories (6 g protein, 68 g carbs, 0 g fat)

Meal 3 total:  
869 calories (72 g protein, 68 g carbs, 35 g fat)

**Meal 4**

Post workout — Large hamburger patty  
579 calories (66 g protein, 0 g carbs, 35 g fat)

2 micro-waved red potatoes  
290 calories (6 g protein, 68 g carbs, 0 g fat)

Meal 4 total:  
869 calories (72g protein, 68 g carbs, 35 g fat)

Late-afternoon snack  
2 pieces beef jerky  
162 calories (13 g protein, 4 g carbs, 10 g fat)

Late-afternoon snack total:  
162 calories (13 g protein, 4 g carbs, 10 g fat)

**Meal 5**

Low-fat milk  
137 calories (10 g protein, 14 g carbs, 5 g fat)

Turkey breast meat  
188 calories (38 g protein, 0 g carbs, 2 g fat)

Pasta, 6 ounces  
222 calories (9 g protein, 39 g carbs, 3 g fat)

Vegetable  
20 calories (1 g protein 3 g carbs, 0 g fat)

Cut vegetable salad  
50 calories (3 g protein, 14 g carbs, 0 g fat)

Meal 5 total:  
617 calories (61 g protein, 70 g carbs, 10 g fat)

**Meal 6**

Can of tuna  
100 calories (22 g protein, 0 g carbs, 1 g fat)

Cottage cheese  
50 calories (8 g protein, 2 g carbs, 1 g fat)

Meal 6 total:  
150 calories (30 g protein, 2 g carbs, 2 g fat)

Evening supplements:

Super Spectrum aminos and vitamin/minerals, C, creatine, MSM, glucosamine, tablespoon Metamucil™ fiber

### **Meal 7**

Can of tuna

100 calories (22 g protein, 0 g carbs, 1 g fat)

Cottage cheese

50 calories (8 g protein, 2 g carbs, 1 g fat)

Meal 7 total:

150 calories (30 g protein, 2 g carbs, 2 g fat)

### **Total consumption for an average day:**

4,520 calories (426 g protein, 434 g carbs, 119 g fat)

### **Approximate average daily nutrient percentages:**

38% protein, 38% carbs, 24% fat

I offer you this diet as a sample or template from which you might arrange your own well balanced muscle-building, fat-burning plan. Doesn't take much creativity to give the available choices gourmet appeal without adding undesirable calories. Cover meat with sauteed mushrooms and onions, flood with spicy tomato sauce or salsa, add fancy stir-fried vegetables and finish with frozen yogurt and strawberries.

It's imperative to alter the serving sizes to accommodate your caloric needs; you are welcome to add or replace equal value foods according to your taste. It's up to you. There are no grand secrets— here, there or anywhere.

It's interesting to note that this same outline could have been written thirty years ago, or in 1980 or 1990. Not much has changed. Me? I'm just older and leaner and bear a few more dings. Of course, for all of this I thank God.

# RESOURCE DIRECTORY

*in alphabetical order*

## BOOKS

### General Training Books

A Practical Approach to Strength Training

Matt Brzycki  
ISBN: 1570280185

Anabolic Muscle Mass: The Secrets of Anabolic Reinforcement Without Steroids

Dennis B. Weis  
ISBN: 1552100006

Arnold: The Education of a Bodybuilder  
Arnold Schwarzenegger, Douglas Kent Hall  
ISBN: 0671797484

Barrel Lift, The  
Steve Justa  
ISBN: Not Available  
www.ironmind.com

Beyond Brawn: The Insider's Encyclopedia on How to Build Muscle & Might

Stuart McRobert  
ISBN: 9963616062

Bigger Faster Stronger:  
50 Ways to Build Muscle  
Dave Tuttle  
ISBN: 0895299518

Body Flex, Body Magic  
Anja Langer, Bill Reynolds  
ISBN: 0809239302

Body for Life:  
12 Weeks to Mental & Physical Strength  
Bill Phillips, Michael D'Orso  
ISBN: 0060193395

Bodybuilding 101: Everything You Need to Know to Get the Body You Want

Robert Wolff  
ISBN: 0809227843

Building the Classic Physique:  
The Natural Way  
Steve Reeves, John Little, Armand Tanny  
ISBN: 1885096100

Challenge Yourself:  
Leanness, Fitness & Health At Any Age  
Clarence Bass  
ISBN: 0960971475

Complete Book of Butt and Legs, The  
Kurt Brungardt, Mike & Brett Brungardt  
ISBN: 0679754814

Complete Keys to Progress, The  
John McCallum  
ISBN: 0926888013

Composite Guide to Strongman Competition, The  
Mike Bonner  
ISBN: 0791058689

Cory Everson's Lifebalance: The Complete Mind/Body Program for a Leaner Body  
Cory Everson, Greta Blackburn  
ISBN: 0399524444

Cory Everson's Fat-Free & Fit: A Complete Program for Fitness, Exercise & Healthy Living  
Cory Everson, Carole Jacobs  
ISBN: 0399518584

Designing Resistance Training Programs  
Steven J. Fleck, William J. Kraemer  
ISBN: 0873225082

Essentials of Strength Training and Conditioning  
Thomas R. Baechle (Editor), Roger W. Earle  
ISBN: 0736000895

Fabulously Fit Forever  
Frank Zane  
ISBN: 1560251379

Facts & Fallacies of Fitness  
Mel C. Siff  
ISBN: 18681838

Flawless: The Ten-Week, Total-Image Method for Transforming Your Physique

Bob Paris  
ISBN: 0446394068

Frank Zane: Mind, Body, Spirit  
Frank Zane  
ISBN: 1560251123

Get Buffed!  
Ian King  
ISBN: Not Available  
www.kingsportinternational.com

Getting Stronger:  
Weight Training for Men and Women  
Bill Pearl, D. Moran  
ISBN: 0936070048

Hardcore Bodybuilding:  
A Scientific Approach  
Frederick C. Hatfield, Tom Platz  
ISBN: 0809237288

High Performance Bodybuilding  
John Parrillo  
ISBN: 0399517715

Insider's Tell-All Handbook on Weight-Training Technique  
Stuart McRobert  
ISBN: 9963616097

Ironman's  
Ultimate Bodybuilding Encyclopedia  
Peter Sisco (Editor)  
ISBN: 0809228114

Ironman's  
Ultimate Guide to Building Muscle Mass  
Peter Sisco (Editor)  
ISBN: 0809228130

Ironman's  
Ultimate Guide to Natural Bodybuilding  
Peter Sisco (Editor)  
ISBN: 0809228149

Ironmind: Stronger Minds, Stronger Bodies  
Randall J. Strossen  
ISBN: 0926888021

Keys to the Inner Universe:  
World's Best Built Man  
Bill Pearl  
ISBN: 0962991007

Lean for Life:  
Stay Motivated & Lean Forever  
Clarence Bass  
ISBN: 0960971459

Lee Haney's Ultimate Bodybuilding  
Lee Haney, Jim Rosenthal  
ISBN: 0312093225

Loaded Guns  
Larry Scott  
ISBN: 0963147900  
Lou Ferrigno's Guide to Personal Power, Bodybuilding & Fitness  
Lou Ferrigno  
ISBN: 0809231255

Lower Body Solution  
Laura Dayton  
ISBN: 0966275225

Mastery of Hand Strength  
John Brookfield  
ISBN: 092688803X

Maximize Your Training: Insights from Top Strength & Fitness  
Professionals  
Matt Brzycki (Editor)  
ISBN: 0844283177

Monarch of Muscledom – John C. Grimek  
David Gentle  
Mail order: \$25.00 cash only, no checks  
C/O Mark Shaw  
384, Ashby Road  
Coalville, Leicester LE67 3LE, England

Muscle Mechanics  
Everett Aaberg  
ISBN: 0880117966

MuscleTown USA: Bob Hoffman  
The Manly Culture of York Barbell  
John D. Fair  
ISBN: 0271018550

Not Just Pumping Iron:  
On the Psychology of Lifting Weights  
Edward W.L. Smith  
ISBN: 0398055440

Of Stones & Strength  
Steve Jeck, Peter Martin  
ISBN: 0926888056

Optimum Power Program, The:  
Your Personal Guide to Athletic Power  
Michael Colgan  
ISBN: 1896817009

New Encyclopedia of  
Modern Bodybuilding, The  
Arnold Schwarzenegger, Bill Dobbins  
ISBN: 0684857219

Periodization  
Tudor O Bompa  
ISBN: 0880118512

Periodization Breakthrough:  
The Ultimate Training System  
Steven J. Fleck Ph.D., William J. Kraemer Ph.D.  
ISBN: 1889462004

Periodization Training for Sports  
Tudor O. Bompa  
ISBN: 0880118407

Physical Culture and the Body Beautiful: Purposive Exercise in  
the Lives of American Women 1800-1870  
Jan Todd  
ISBN: 0865545618

Poliquin Principles, The: Successful Methods for Strength & Mass  
Development  
Charles Poliquin  
ISBN: 0966275209

Power Factor Specialization: Abs & Legs  
Peter Sisco, John Little  
ISBN: 0809228270

Power Factor Specialization: Chest & Arms  
Peter Sisco, John Little  
ISBN: 0809228297

Power Factor Specialization:  
Shoulders & Back  
Peter Sisco, John Little  
ISBN: 0809228289

Power Factor Training: A Scientific Approach to Building Lean  
Muscle Mass  
Peter Sisco, John Little  
ISBN: 0809230712

Power to the People: Russian Strength Training Secrets for Every  
American  
Pavel Tsatsouline  
ISBN: 0938045199

Program Design for Personal Trainers : Bridging Theory into  
Application  
Douglas Brooks  
ISBN: 0736000798

Quantum Strength & Power Training: Gaining the Winning Edge  
Pat O'Shea  
ISBN: 0964869802

Remembering Muscle Beach: Where Hard Bodies Began—  
Photographs & Memories  
Harold Zinkin, Bonnie Hearn  
ISBN: 1883318017

Resistance Training Instruction  
Everett Aaberg  
ISBN: 0880118016

Rock, Iron, Steel: The Book Of Strength  
Steve Justa  
ISBN: 0926888072

Sandow the Magnificent: Eugen Sandow and the Beginnings of  
Bodybuilding  
David L. Chapman  
ISBN: 0252020332

Science and Practice of Strength Training  
Vladimir M. Zatsiorsky  
ISBN: 0873224744

Serious Strength Training  
Tudor O. Bompa, Lorenzo J. Cornacchia  
ISBN: 0880118342

Sons Of Samson, Volume 2 Profiles  
David Webster  
ISBN: 0926888064

Static Contraction Training: How to Gain Up to 25 Pounds of  
Pure Muscle Mass  
Peter Sisco, John Little  
ISBN: 0809229072

Steve Reeves—Worlds to Conquer,  
An Authorized Biography  
Chris LeClaire  
ISBN: 0967675413

Strength Training for Seniors: Instructor Guide for Developing Safe &  
Effective Programs  
Wayne L Westcott, Thomas R Baechle  
ISBN: 0873229525

Strength Training for Young Athletes  
William J. Kraemer, Steven J. Fleck  
ISBN: 0873223969  
Stronger Abs & Back: 165 Exercises to Build Your Center of  
Power  
Greg Brittenham, Dean Brittenham  
ISBN: 0880115580

Strongman Competition  
Mike Bonner  
ISBN: 0791058778

Successful Long-Term Weight Training  
Steven J. Fleck, Cecil Colwin  
ISBN: 1570281947

Super Slow: The Ultimate Exercise Protocol  
Ken Hutchins  
ISBN: 0963319906

Super Squats: How to Gain 30 Pounds of Muscle in 6 Weeks  
Randall J. Strossen  
ISBN: 0926888005

Supertraining  
Mel C. Siff, Yuri V. Verkhoshansky  
ISBN: 1874856656

Target Bodybuilding  
Per A. Tesch  
ISBN: 0880119381

Teenage Bodybuilding  
Ed Gaut  
ISBN: 0964094525

Thinking Big  
Skip LaCour  
ISBN: Not Available  
[www.skiplacour.com/thinking.htm](http://www.skiplacour.com/thinking.htm)

Winning the Arms Race  
Charles Poliquin  
ISBN: 097019790X

## Olympic Weightlifting Books

An Introduction to Olympic-Style Weightlifting  
John M. Cissik  
ISBN: 0070434883

Weightlifting Encyclopedia, The:  
A Guide to World Class Performance  
Arthur J. Drechsler  
ISBN: 0965917924  
Weightlifting, Olympic Style  
Tommy Kono  
ISBN: 0970987102

## Powerlifting Books

Power: A Scientific Approach  
Frederick C. Hatfield  
ISBN: 0809244330

Powerlifting  
Barney R. Groves  
ISBN: 0880119780

Powerlifting Basics, Texas-Style  
Paul Kelso  
ISBN: 0926888048

## Abdominal Training Books

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Selection for Men & Women  
Paul Chek  
ISBN: 1552100022

Beyond Crunches  
Pavel Tsatsouline  
ISBN: 0938045172

Complete Book of Abs, The  
Kurt Brungardt  
ISBN: 0375751432

## Flexibility Books

Beyond Stretching:  
Russian Flexibility Breakthroughs  
Pavel Tsatsouline  
ISBN: 0938045180

Sport Stretch  
Michael J. Alter  
ISBN: 0880118237

Stretching (20th Anniversary Edition)  
Bob Anderson, Jean Anderson  
ISBN: 0936070226

Stretching Scientifically:  
A Guide to Flexibility Training  
Thomas Kurz  
ISBN: 0940149303

Supple Body, The:  
The Way to Fitness, Strength & Flexibility  
Sara Black, Antonia Deutsch, Liliana Djurovic  
ISBN: 0028604415

## Vital Health Books

The Heart Disease Breakthrough: The  
10-Step Program That Can Save Your Life  
Thomas Yannios, M.D.  
ISBN: 0471353094

## Nutrition Diet Manipulation Books

Amino Acids and Proteins for the Athlete: The Anabolic Edge  
Mauro Di Pasquale  
ISBN: 0849381932

Back to Protein: The Low Carb/No Carb Meat Cookbook  
Barbara Hartsock Doyen  
ISBN: 0871319128

Bowes & Church's  
Food Values of Portions Commonly Used  
Jean Pennington, Anna De Planter Bowes, Helen N Church  
ISBN: 0397554354

Carbohydrate Dieter's Diary, The  
Corinne T. Netzer  
ISBN: 0440508525

Complete Book of Food Counts, The  
Corinne T. Netzer  
ISBN: 0440225639

Complete Book of  
Vitamin and Mineral Counts, The  
Corinne T. Netzer  
ISBN: 0440223350

Complete Guide to Food for Sports Performance, The: A Guide  
to Peak Nutrition for Your Sport  
Louise Burke  
ISBN: 1863739165

Complete Guide to  
Vitamins, Minerals & Herbs  
Art Ulene, M.D.  
ISBN: 1583330046

Creatine: The Power Supplement  
Melvin H. Williams, Richard B. Kreider, J. David Branch  
ISBN: 073600162

Dynamic Nutrition for Maximum Performance: A Complete  
Nutritional Guide for Peak Sports Performance  
Daniel Gastelu, Fred Hatfield  
ISBN: 0895297566

Ergogenics Edge, The:  
Pushing the Limits of Sports Performance  
Melvin H. Williams  
ISBN: 0880115459

Everyday Low Carb Cookery -  
Revised Edition  
Alex Haas  
ISBN: 0965754812

Everything You Need to Know  
About Fat Loss  
Chris Aceto  
ISBN: 0966916824

Fats That Heal, Fats That Kill: Guide to Fats, Oils, Cholesterol & Human  
Health

Udo Erasmus  
ISBN: 0920470386

Ironman's  
Ultimate Guide to Bodybuilding Nutrition  
Peter Sisco  
ISBN: 0809228122

Ketogenic Cookbook, The  
Dennis Brake, Cynthia Brake  
ISBN: 1886559996

Ketogenic Diet, The: A Complete Guide for the Dieter &  
Practitioner  
Lyle McDonald  
ISBN: 0967145600

Living Low-Carb: The Complete Guide to Long-Term Low-Carb  
Dieting  
Fran McCullough  
ISBN: 0316557684  
Low-Carb Cookbook, The: Complete Guide to the Healthy  
Low-Carbohydrate Lifestyle with over 250 Delicious Recipes  
Fran McCullough, Michael & Mary Eades  
ISBN: 0786862734

Manly Weight Loss: For Men Who Hate Aerobics & Carrot-Stick  
Diets  
Charles Poliquin, L. L. Dayton  
ISBN: 0966275217

Metabolic Diet, The  
Mauro DiPasquale  
ISBN: 0967989604

Metabolic Typing Diet, The: Customize Your Diet to Your Own  
Unique & Ever Changing Nutritional Needs  
William Linz Wolcott, Trish Fahey  
ISBN: 038549691

Metabolism at a Glance  
J. G. Salway  
ISBN: 0632052740

Muscle Meals  
John Romano  
ISBN: 1889462012

Nancy Clark's Sports Nutrition Guidebook  
Nancy Clark  
ISBN: 0873227301

Natural Hormonal Enhancement  
Rob Faigin  
ISBN: Not Available  
<http://www.extique.com/>

Nature's Sports Pharmacy: A Natural Approach to Peak Athletic  
Performance  
Frederick C. Hatfield  
ISBN: 0809232219

Neanderthin: Eat Like a Caveman to Achieve a Lean, Strong,  
Healthy Body  
Ray V. Audette  
ISBN: 0312243383

Nutrition Almanac (4th Ed)  
Gayla J. Kirschmann, John D. Kirschmann  
ISBN: 0070349223

Nutrition for Health, Fitness & Sport  
Melvin H. Williams  
ISBN: 0697295109

Nutrition for Serious Athletes  
Dan Benardot  
ISBN: 0880118334

Peak Performance:  
Training & Nutritional Strategies for Sport  
John Hawley, Louise Burke  
ISBN: 1864484691

Priming the Anabolic Environment:  
A Practical, Scientific Guide to the Art & Science of Building  
Muscles  
William D. Brink  
ISBN: 1552100030

Protein Power: The High-Protein/Low Carbohydrate Way to Lose  
Weight, Feel Fit & Boost Your Health-in Just Weeks!  
Michael R. Eades, Mary Dan Eades  
ISBN: 0553574752

Realities of Nutrition  
Ronald M. Deutsch, Judi Morrill  
ISBN: 0923521259

Right Protein for Muscle & Strength, The  
Michael Colgan  
ISBN: 1896817092

Sliced—State-Of-The-Art Nutrition for Building Lean Body Mass  
Bill Reynolds, Negrita Jayde  
ISBN: 0809241161

Sports & Exercise Nutrition  
William D. McArdle, Frank Katch, Victor Katch  
ISBN: 0683304496

Straight Talk for the Overweight:  
Solutions and Motivations  
Dave Draper  
ISBN: 1931046352

Super T: The Complete Guide to Creating an Effective, Safe &  
Natural Testosterone Supplement Program for Men and Women  
Karlis C. Ullis, M.D.  
ISBN: 0684863359

Supercut:  
Nutrition for the Ultimate Physique  
Joyce L. Vedral, Bill Reynolds  
ISBN: 0809253879

Ultimate Sports Nutrition  
Frederick C. Hatfield  
ISBN: 0809248875

Ultimate Sports Nutrition Handbook, The  
Ellen Coleman, Suzanne Nelson Steen  
ISBN: 0923521348

Understanding Body Building Nutrition & Training: Practical  
Answers to Common Bodybuilding Challenges  
Chris Aceto  
ISBN: 0966916832

## Related Training Books

Explosive Power & Strength:  
Complex Training for Maximum Results  
Donald A. Chu  
ISBN: 0873226437

Jumping into Plyometrics  
Donald A. Chu  
ISBN: 0880118466

Isokinetics in Human Performance  
Lee E. Brown (Editor)  
ISBN: 0736000054

Mental Edge, The: Maximize Your Sports Potential With the Mind/  
Body Connection  
Ken Baum, Richard Turbo, Karch Kiraly  
ISBN: 0399524819

New Toughness Training for Sports, The: Mental, Emotional &  
Physical Conditioning  
James E. Leohr  
ISBN: 0452269989

Power Training for Sport:  
Plyometrics for Maximum Power Development  
Tudor O. Bomp  
ISBN: 0889626294

Precision Heart Rate Training  
Ed Burke (Editor)  
ISBN: 0880117702

## Sports Medicine — Rehabilitation Books

7 Minute Rotator Cuff Solution  
G. Robinson, Horrigan  
ISBN: 0944831257

Athletic Taping & Bracing  
David H. Perrin  
ISBN: 0873225023  
Jock Doc's Body Repair Kit, The: The New Sports Medicine for  
Recovery & Increased Performance  
Andrew Feldman  
ISBN: 0312199058

Rehabilitation Techniques  
in Sports Medicine  
William E. Prentice (Editor)  
ISBN: 0072894709

Shoulder Injuries & Weight Training: Reducing Your Risk  
Cynthia L. Humphreys  
ISBN: 1552100138

Sports Massage for Peak Performance  
Gregory Pike  
ISBN: 0060951672

Sports Medicine Bible, The: Prevent, Detect & Treat Your Sports  
Injuries Through the Latest Medical Techniques  
Lyle J. Micheli, Mark D. Jenkins  
ISBN: 0062731432

## Reference Books

ACSM's Exercise Management for Persons With Chronic Diseases & Disabilities  
American College of Sports Medicine, J. Larry Durstine (Editor)  
ISBN: 0873227980

ACSM's Resource Manual for Guidelines for Exercise Testing & Prescription  
American College of Sports Medicine, Jeffrey L. Roitman  
ISBN: 0683000268

Biomechanics in Sport: Performance Improvement & Injury Prevention (Encyclopaedia of Sports Medicine)  
Vladimir M. Zatsiorsky  
ISBN: 0632053925

Bodyworker's Muscle Reference Guide, The  
Craig McLaughlin  
ISBN: 0965567923

Exercise, Nutrition & Weight Control Perspectives in Exercise Science & Sports Medicine, Vol 11  
David R. Lamb (Editor)  
ISBN: 1884125700

Exercise Physiology: Exercise, Performance, and Clinical Applications  
Robert A. Robergs, Scott O. Roberts  
ISBN: 0815172419

Exercise Physiology:  
Energy, Nutrition & Human Performance  
William D. McArdle, Frank Katch, Victor Katch  
ISBN: 0683057316

Exercise Physiology:  
Human Bioenergetics & Its Applications  
George A. Brooks (Editor), Thomas D. Fahey, Timothy P. White, Baldwin  
ISBN: 0767410246

Kinematics of Human Motion  
Vladimir M. Zatsiorsky  
ISBN: 0880116765

Kinesiology of Exercise: A Safe & Effective Way to Improve Athletic Performance  
Michael Yessis  
ISBN: 0940279363

Legends of Health & Fitness  
Mitchell Lane Publishers  
ISBN: 1584150521

Musclemag International's North American Bodybuilding & Fitness Directory: Find What You're Looking For!  
Mark Shaw (Compiler)  
ISBN: 1552100189

Physiology of Sport and Exercise  
Jack H. Wilmore, David L. Costill  
ISBN: 0736000844

Science & Practice of Strength Training  
Vladimir M. Zatsiorsky  
ISBN: 0873224744

## Out of Print Books Worth the Search

3 More Reps (original publication)  
Posedown: Muscletalk with the Champs (revised version)  
George Snyder, Rick Wayne

Arms and Shoulders Above the Rest  
Rick Wayne

Bev Francis' Power Bodybuilding  
Bev Francis

Big Arm Book (Big Chest Book, etc), 1930s  
Bob Hoffman

Big: Bulkbuilding Instructional Guide  
Ellington Darden

Blood and Guts  
Dorian Yates

Body Beautiful  
Oscar Heidenstam

Bodybuilding: An Illustrated History  
David Webster

Bodymen, The  
Rick Wayne

Best That's In You, The  
Strongman, The  
Bonomo books (any and all)  
Joe Bonomo

Complete Guide to Weight Training & Sports Conditioning for Young Athletes  
Frederick C Hatfield

Defying Gravity:  
How to Win at Weightlifting  
Bill Starr

Developing Grip Strength  
David Gentle, David Webster

Hepburn's Law  
Doug Hepburn

How to Mold Series (any and all)  
George Jowett

Jack LaLanne  
Way To Vibrant Good Health, The  
Jack LaLanne

Mind Pump:  
The Psychology of Bodybuilding  
Tom Kubistant

Muscle Wars: The Behind-the-Scenes  
Story of Competitive Bodybuilding  
Rick Wayne

New High-Intensity Bodybuilding  
Ellington Darden

Pro-Style Bodybuilding  
Tom Platz, Bill Reynolds

Pumping Iron  
Charles Gaines, George Butler

Raw Muscle!  
Dennis B Weis, Robert Kennedy

Revitalize Your Life After 50: Improve Your Looks, Your Health &  
Your Sex Life  
Jack Lalanne

Secrets of Strength and Development  
Bob Hoffman

Stack It:  
The Ultimate New Strategy for Mass  
Robert Kennedy

Super Athletes, The  
A Record of the Limits of Human Strength, Speed & Stamina  
David P. Willoughby

Thomas Inch's Book of Strength  
Thomas Inch

Ultimate Physique, The  
Bill Richardson, David Webster

Underground Body Opus:  
Militant Weight Loss & Recomposition  
Daniel Duchaine

Unleashing the Wild Physique  
Vince Gironda, Robert Kennedy

Dinosaur Files  
8801 Hunter's Lake Drive #511  
Tampa, Florida 33647  
12 issues/\$50 US; \$55 outside the U.S

Fitt Quarterly  
1180 Cassells Street, Suite 102  
North Bay, ON P1B 4B6  
CANADA  
\$6.95/year or \$9.95/2 years

Hardgainer  
CS Publishing Ltd  
P O Box 20390  
CY-2151, Nicosia, Cyprus  
6 issues/US \$29.95, check or money order (not a postal money  
order) or £18.95 private cheque or postal order in the UK

Hard Training Newsletter  
(formerly known as the HIT Newsletter)  
Edited by Dr. Ken E. Leistner  
Hard Training  
P.O. Box 19446,  
Cincinnati OH 45219  
US \$15.00/4 issues

Iron Game History  
Todd-McLean Collection  
Dept of Kinesiology, Rm 107  
Anna Hiss Gym/A2000  
The University of Texas  
Austin, TX 78712  
\$25 U.S. or \$35 outside the U.S

MIL0 Strongman  
P.O. Box 1228  
Nevada City, CA 95959, USA  
(530) 265-6725  
4 issues/ US: \$39.95, Canada or Mexico: \$45.95, \$59.95 all other  
countries

Parrillo's Performance Press  
4690K Interstate Drive  
Cincinnati, OH 45246  
(800) 344-3404  
12 issues/\$19.95; \$29.95 in Canada & Mexico; \$49.95 other  
countries

Powerlifting USA  
Mike Lambert  
Lock Box 3238-C  
Camarillo, CA 93011  
(800) 448-POWER  
\$31.95 U.S. or \$42 outside the U.S

PowerMag  
P O Box 2561  
Spokane, WA 99220  
(800) 268-2248  
\$35.00

Steele Jungle  
Max Furek  
57 Jeanette Street  
Mocanaqua, PA 18655  
(717) 542-7946  
4 issues/\$12.00

Strongman Memorabilia, Muscular Memorabilia  
William E. Moore  
P O Box 20732  
Tuscaloosa, AL 35402  
Rates vary, average \$6.00 per year

## Journals & Newsletters

### Email Newsletters

Dave's Weekly Email Newsletter  
<http://davedraper.com/draper-newsletter.html>

ThinkMuscle Email Newsletter  
<http://www.thinkmuscle.com/>

TSport Journal, The  
<http://www.thesportjournal.org/>

### Print Newsletters

Ageless Athletes  
610 N. Main Street Suite 221  
Blacksburg, VA 24060  
\$24 U.S. or \$30 outside the U.S

All-Round Weightlifting Strength Journal (IAWA)  
Bill Clark  
3906 Grace Ellen Drive  
Columbia, Mo. 65202  
\$12.00 US/4 issues

Assoc. of Oldetime Barbell & Strongmen  
AOBS  
4959 Viceroy St., Suite 203  
Cape Coral, FL 33904  
\$20.00

Weightlifting News  
Published by Liff & Run  
112 East High St.  
Ballston Spa, NY 12020  
\$34.95 in the US, \$39.95 in Canada and \$49.95 in other countries

Weightlifter's Newsletter  
Denis Reno  
30 Cambria Road  
West Newton, MA 02165  
\$24 US, Canada \$26, Europe \$32 and the rest of the world \$37

X-ercise Files Magazine  
Brian Johnston  
4040 Del Rey Avenue #7  
Marina Del Rey, CA 90292  
(310) 301-8481  
4 issues/\$19.95

## Worldwide

Amicale des Anciens Culturistes Enseignants et Praticants  
(AACEP)  
Jean Long  
AACEP  
Rue de Varennes 50, 36210  
Chabris, France

Associazione Italiana Culturismo  
Biagio Filizola  
C.P. 15, 84073  
SAPRI (Sa), Italy

Health & Strength  
Roy Edwards  
H&S  
Pant Cottage, Pant Lane  
Austwick, Via Lancaster, LA2 8BH, England

Musclemob Newsletter  
Steve Gardener  
72, Bell Green  
Lower Sydenham, London, SE26 4PZ, England

Muscle News Tabloid magazine  
Muscle News  
10 Alpha Court  
Denton, M34 3RB, England

Strand Puller Newsletter  
Jim Bartlett  
88, Schofield Street  
Hathershaw, Oldham, Lancs OL8 2QJ England

Strength Athletes Newsletter  
Mark Shaw  
384, Ashby Road  
Coalville, Leicester LE67 3LE, England

Strength Journal (IAWA), UK edition  
Frank Allen  
11, Orchard Road  
Birstall, Leicester, LE4 4GB, England

## Journals

Exercise Protocol Journal  
IART  
2545 Trout Lake Road  
P.O. Box 24016

North Bay, Ontario, CANADA P1B 9S1  
www.ep-mag.com/  
www.i-a-r-t.com/

Journal of Athletic Training  
NATA-JAT  
2952 Stemmons Freeway  
Dallas, TX 75247  
\$32 in US; \$40 outside US  
www.journalofathletictraining.org/

Journal of Nutrition  
American Society for Nutritional Sciences  
9650 Rockville Pike  
Bethesda, MD 20814

Journal of Strength and Conditioning Research  
William J. Kraemer, PhD, CSCS  
The Human Performance Laboratory  
Ball State University  
Muncie, IN 47306

NSCA Strength and Conditioning Journal  
955 N. Union Blvd.  
Colorado Springs, CO 80909

Strength and Conditioning Journal  
P.O. Box 1897  
Lawrence, KS 66044-8897  
6 issues/\$88.00

## Certifications

ACSM American College of Sports Medicine  
401 W. Michigan Street  
Indianapolis, IN 46202-3233  
(317) 637-9200  
www.acsm.org/

American Council on Exercise  
5820 Oberlin Drive, Suite 102  
San Diego, CA 92121-3787  
(800) 825-3636  
www.acefitness.com/

IART  
2545 Trout Lake Road  
P.O. Box 24016  
North Bay, Ontario CANADA P1B 9S1  
(705) 476-6058  
www.i-a-r-t.com/

ISSA  
International Sports Sciences Association  
035 Santa Barbara Street  
Santa Barbara, CA 93101  
(800)892-4772  
www.issaonline.com/

National Strength and Conditioning Association:  
1955 N. Union Blvd.  
Colorado Springs, CO 80909  
(800) 815-6826  
www.nasca-lift.org/menu.asp

## Associations and Federations

See Website Category for Specific Lifting Federations

ACSM American College of Sports Medicine  
401 W. Michigan Street  
Indianapolis, IN 46202  
(317) 637-9200  
[www.acsm.org/](http://www.acsm.org/)

AFPA American Fitness Professionals & Associates  
PO Box 214  
Ship Bottom, NJ 08008  
(609) 978-7583  
[www.afpafitness.com/](http://www.afpafitness.com/)

IDEA The Health and Fitness Source  
6190 Cornerstone Court East # 204  
San Diego, CA 92121-3773  
(800) 999-4332  
[www.ideafit.com/](http://www.ideafit.com/)

IHRSA International Health, Racquet & Sportsclub Association  
263 Summer Street  
Boston, MA 02210  
(617) 951-0055  
[www.ihrsa.org/](http://www.ihrsa.org/)

NATA National Athletic Trainer's Association  
2952 Stemmons Freeway  
Dallas Tx, 75247  
(214) 637-6282  
[www.nata.org/](http://www.nata.org/)

NFPT National Personal Fitness Trainer  
PO Box 4579  
Lafayette, IN 47903-4579  
(800) 729-6378  
[www.nfpt.com/](http://www.nfpt.com/)

NGA National Gym Association  
PO Box 970579  
Coconut Creek, FL 33097-0579  
(716) 692-6150  
[www.nationalgym.com/](http://www.nationalgym.com/)

NSCA National Strength & Conditioning Association  
1955 N. Union Blvd.  
Colorado Springs, CO 80909  
(800) 815-6826  
[www.nasca-lift.org/menu.asp](http://www.nasca-lift.org/menu.asp)

USSA The United States Sports Academy  
One Academy Drive  
Daphne, Alabama 36526-7055  
(334) 626-3303  
[www.sport.ussa.edu/](http://www.sport.ussa.edu/)

## Muscle Memorabilia

### Muscle Memory—The Internet Bodybuilding Database

#### *Preserving the History of Bodybuilding*

This database contains over 30,000 entries and can be sorted by year, contest title, contestant's name or even by letters in alphabetical order for when you're not sure of the name. You'll also find a listing of all the muscle magazines known to be printed, all the movies featuring bodybuilders sorted either by movie title, year or bodybuilder's name and a nice selection of very old magazine article reprints. Save your steps; most of your competitive bodybuilder questions will be answered right here.  
[www.musclememory.com/](http://www.musclememory.com/)

AOBS Assoc. of Oldtime Barbell & Strongmen  
4959 Viceroy Street, Suite 203  
Cape Coral, FL 33904

eBay  
Auction:memorabilia, books or magazines  
[www.ebay.com/](http://www.ebay.com/)

Archives Rare Bodybuilding Books  
David Landau  
(305) 932-9878

GMV Video Productions Ltd  
Wayne Gallasch  
P.O. Box 10164  
Gouger St. Adelaide,  
S.Australia 5000. Australia.  
[www.gmv.com.au](http://www.gmv.com.au)

Iron Men on The Net, 1920-1980  
[www.creative.net/~adworx/index.shtml](http://www.creative.net/~adworx/index.shtml)

Strength Training Library  
William F Hinbern  
32430 Cloverdale  
Farmington, MI 48336-4008  
[www.superstrengthbooks.com](http://www.superstrengthbooks.com)

Strongman Memorabilia  
Muscular Memorabilia  
William E. Moore  
P O Box 20732  
Tuscaloosa, AL 35402

Weight Game History  
Howard Havener  
11031 Wooldridge Dr.  
Manassas, VA 22111.  
Please send \$1.00 for listing

Todd-McClean Physical Culture Collection  
Dept of Kinesiology, Rm 107  
Anna Hiss Gym/A2000  
The University of Texas  
Austin, TX 78712  
[www.edb.utexas.edu/faculty/jtodd/index.html](http://www.edb.utexas.edu/faculty/jtodd/index.html)

## Equipment Websites

CYBEX International  
[www.ecybex.com/](http://www.ecybex.com/)

Eleiko Equipment USA  
[www.dynamic-eleiko.com/](http://www.dynamic-eleiko.com/)  
Eleiko Equipment EUROPE  
[www.eleikosport.com/](http://www.eleikosport.com/)  
EZGrip—Bar gripping tool  
[www.4ezgrip.com/](http://www.4ezgrip.com/)

Hammer Strength  
[www.hammerstrength.com/](http://www.hammerstrength.com/)

Ironmind  
Buffalo Bar, Apollon's Axle (Thick bar)  
Captains of Crush grippers and other training tools  
[www.ironmind.com/main/index.asp](http://www.ironmind.com/main/index.asp)

Ivanko Barbell Company  
[www.ivanko.com/](http://www.ivanko.com/)

Manta Ray/Sting Ray Squat Assistance  
[www.adfit.com/](http://www.adfit.com/)

PDA—Piedmont Design Associates  
Fractional Plates & Shrug bar  
[www.fractionalplates.com/](http://www.fractionalplates.com/)

Pendulum Fitness  
[www.pendulumfitness.com/](http://www.pendulumfitness.com/)

PlateMate  
[www.theplatemate.com/](http://www.theplatemate.com/)

PowerBlock dumbbell system  
[www.powerblocks.com/](http://www.powerblocks.com/)

Shoulder Horn Rotator Cuff Repair  
[www.shoulderhorn.com/](http://www.shoulderhorn.com/)

Southern Xercise Tru-Squat  
[www.southernxercise.com/](http://www.southernxercise.com/)

Titan Sport Powerlifting Gear  
[www.titansupport.com/](http://www.titansupport.com/)

Trap Bar  
[www.gerardtrapbar.com/](http://www.gerardtrapbar.com/)

York Barbell Company  
[www.yorkbarbell.com/](http://www.yorkbarbell.com/)

## Online Discussion Groups & Bulletin Board Forums

**Dave Draper's IronOnline (IOL)**  
<http://www.davedraper.com/forum/>

Crain's Muscle World Powerlifting Forum  
<http://members.boardhost.com/powerforum/?1387>  
Fred Hatfield's Dr Squat Training Forum  
[www.drsquat.com/](http://www.drsquat.com/)

GarageGym Bulletin Board  
<http://pub13.ezboard.com/>  
[fgaragegymironpageforumgaragegym](http://fgaragegymironpageforumgaragegym)

GoHeavy Bulletin Board Forums  
[www.goheavy.com/forums/](http://www.goheavy.com/forums/)

Hardgainer  
[www.hardgainer.com/roundtable.html](http://www.hardgainer.com/roundtable.html)

HIT Digest  
[www.yahoogle.com/group/Hitdigest](http://www.yahoogle.com/group/Hitdigest)

Low Carb Diet & Exercise List  
<http://solid.net/~homer/>

Strength-Digest  
[www.deepsquatter.com/strength/list.htm](http://www.deepsquatter.com/strength/list.htm)

USA Powerlifting Bulletin Board Forum  
[www.powerlifting.ca/cgi-bin/usapl.cgi](http://www.powerlifting.ca/cgi-bin/usapl.cgi)

Weights List  
[www.weightsnet.com/weights/](http://www.weightsnet.com/weights/)

## Training and Nutrition Websites

### Nutrition & Diet Related Websites

BrinkZone-Supplement Expert Will Brink  
[www.brinkzone.com/home.html](http://www.brinkzone.com/home.html)

Dave's Gourmet Albacore Tuna  
[www.davesalbacore.com/](http://www.davesalbacore.com/)

Paleolithic Diet Page  
[www.paleodiet.com/](http://www.paleodiet.com/)

USDA Nutrient Database  
[www.nal.usda.gov/fnic/foodcomp/](http://www.nal.usda.gov/fnic/foodcomp/)

Weight Commander Diet Software  
[www.interaccess.com/weightcmdr](http://www.interaccess.com/weightcmdr)

## Bodybuilding Specific Websites

ABA/INBA/PNBA Bodybuilding Associations  
Amateur Bodybuilding Association  
International Natural Bodybuilding Assoc  
Professional Natural Bodybuilding Assoc  
[www.naturalbodybuilding.com/](http://www.naturalbodybuilding.com/)

ANBC  
American Natural Bodybuilding Conference  
[www.anbc.org/](http://www.anbc.org/)

IFBB International Federation of Bodybuilders  
[www.ifbb.com/](http://www.ifbb.com/)

NABBA National Amateur Bodybuilders Assoc  
WFF World Fitness Federation  
[www.nabba.com/](http://www.nabba.com/)  
[www.nabba-international.com/](http://www.nabba-international.com/)

NABF North American Bodybuilding Fed  
[www.nabfusa.com/](http://www.nabfusa.com/)

NPC National Physique Committee  
[www.npcnewsonline.com/](http://www.npcnewsonline.com/)  
[www.getbig.com/info/npc.htm](http://www.getbig.com/info/npc.htm)

## Olympic Lifting Federations & Training Websites

Gallery of Olympic Weightlifters  
[www.geocities.com/Colosseum/Field/7342/](http://www.geocities.com/Colosseum/Field/7342/)

International Olympic Committee  
[www.olympic.org/](http://www.olympic.org/)

International Weightlifting Database  
[www.iaf.uni-leipzig.de/weight.htm](http://www.iaf.uni-leipzig.de/weight.htm)

International Weightlifting Federation  
[www.iwf.net/](http://www.iwf.net/)

Olympic Lifting Basics  
[www.olympus.net/personal/cablebar/](http://www.olympus.net/personal/cablebar/)

Olympic Lifting On The Web  
[www.liftilyadie.com/w8liff.htm](http://www.liftilyadie.com/w8liff.htm)

Strength Online Olympic Lifting  
[www.deepsquatter.com/strength/archives/olympic/](http://www.deepsquatter.com/strength/archives/olympic/)

The Weightlifting Encyclopedia  
[www.wlinfo.com/](http://www.wlinfo.com/)

USAWA United States All-Round Weightlifting  
IAWA International All-Round Weightlifting  
[www.usawa.com/](http://www.usawa.com/)

United States Olympic Committee  
[www.olympic-usa.org/](http://www.olympic-usa.org/)

USA Masters Weightlifting  
[www.mastersweightlifting.org/](http://www.mastersweightlifting.org/)

USA Weightlifting Federation  
[www.usaweightinglifting.org/](http://www.usaweightinglifting.org/)

## Powerlifting Federation & Training Websites

ADFPA/USA American Drug Free Powerlifting Association  
[www.adfpa.com/](http://www.adfpa.com/)  
[www.usapowerlifting.com/](http://www.usapowerlifting.com/)

American Powerlifting Association  
[www.home.xnet.com/~frantz/](http://www.home.xnet.com/~frantz/)

Canadian Powerlifting Union  
[www.powerlifting.ca/](http://www.powerlifting.ca/)

Critical Bench—Bench Pressing Power  
[www.criticalbench.com/](http://www.criticalbench.com/)

European Powerlifting Federation  
[www.europower.org/](http://www.europower.org/)

International Powerlifting Federation  
[www.worldsport.com/](http://www.worldsport.com/)

NASA Natural Athlete Strength Association  
[www.nasa-sports.com/](http://www.nasa-sports.com/)

Pan-American Powerlifting Federation  
[www.panampl.com/](http://www.panampl.com/)

Powerlifting.com  
[www.powerlifting.com/](http://www.powerlifting.com/)

Rickey Dale Crain's Muscle World  
[www.craismuscleworld.com/](http://www.craismuscleworld.com/)

Strength Online Powerlifting Instructional  
[www.deepsquatter.com/strength/archives/tommc/](http://www.deepsquatter.com/strength/archives/tommc/)

USAPL USA Powerlifting—formerly ADFPA  
[www.usapowerlifting.com/](http://www.usapowerlifting.com/)

USPF United States Powerlifting Federation  
[www.uspf.com/](http://www.uspf.com/)

WDFPF World Drug Free Powerlifting Fed  
[www.geocities.com/~wdfpf/](http://www.geocities.com/~wdfpf/)

Westside Barbell Club  
[www.deepsquatter.com/westside/main.htm](http://www.deepsquatter.com/westside/main.htm)

WNPF World Natural Powerlifting Fed  
[hometown.aol.com/wnpf/index.htm](http://hometown.aol.com/wnpf/index.htm)

## Strongman Federations & Competition Websites

American Federation of Strength Athletes  
[www.full-strength.com/](http://www.full-strength.com/)

International Federation of  
Strength Athletes  
[www.ifsaworld.com/](http://www.ifsaworld.com/)

IronSport Gym  
[www.ironsport.com/](http://www.ironsport.com/)

National Strength Athletics Association  
[www.strength-athletics.com/](http://www.strength-athletics.com/)

North American Strongman Society  
[www.home.swbell.net/willyh/index.html](http://www.home.swbell.net/willyh/index.html)

Power Building Strongman  
[www.mcshane-enterprises.com/PB/](http://www.mcshane-enterprises.com/PB/)

Scottish American Athletic Association  
[www.saaa-net.org/](http://www.saaa-net.org/)

Strong As Steel  
[www.strongassteel.net/](http://www.strongassteel.net/)

Strongest Man Alive  
[www.strongestmanalive.com/](http://www.strongestmanalive.com/)

World's Strongest Man  
[www.strongestman.com/](http://www.strongestman.com/)

## Iron Game Memory Websites

Brian's Drive-In Theatre—Draper Memories  
[www.members.tripod.com/%7EBrianJ1/davedraper.html](http://www.members.tripod.com/%7EBrianJ1/davedraper.html)

Charles Atlas  
[www.charlesatlas.com/](http://www.charlesatlas.com/)

Muscle Memory  
[www.musclememory.com/](http://www.musclememory.com/)

Schwarzenegger By Butler Photography  
[www.schwarzeneggerbybutler.com/](http://www.schwarzeneggerbybutler.com/)

Sandow  
Historic Photographs of Early Bodybuilders  
[www.geocities.com/SoHo/Museum/6496/](http://www.geocities.com/SoHo/Museum/6496/)

The Betty Zone  
Harold Forsko's Tribute to Betty Weider  
[www.bettyweider.com/](http://www.bettyweider.com/)

## Research Reference Websites

Ask the Dietitian  
[www.dietitian.com/](http://www.dietitian.com/)

Berkeley Heart Lab Advance Lipid Testing  
[www.berkeleyheartlab.com/services.html](http://www.berkeleyheartlab.com/services.html)

Consumer Health Misinformation  
[www.quackwatch.com/](http://www.quackwatch.com/)

Glycemic Index List  
[www.mendosa.com/gilists.htm](http://www.mendosa.com/gilists.htm)

Harcourt International Journal Publications  
[www.harcourt-international.com/](http://www.harcourt-international.com/)

Human Kinetics Publications  
[www.hkusa.com/](http://www.hkusa.com/)

Journal of Performance Enhancement &  
Jrnl of Performance Supplement Review  
<http://members.tripod.com/mprevost/>

Kinesiology Forum  
[www.kines.uiuc.edu/kinesforum/](http://www.kines.uiuc.edu/kinesforum/)

Medical Journals Online  
[www.freemedicaljournals.com/](http://www.freemedicaljournals.com/)

Medline Medical & Scientific Research  
[www.medscape.com/](http://www.medscape.com/)

National Library of Medicine  
Consumer Health Database  
[www.nlm.nih.gov/medlineplus/](http://www.nlm.nih.gov/medlineplus/)

Nutrient Data Laboratory  
Food Composition Products  
[www.nal.usda.gov/fnic/foodcomp/Data/index.html](http://www.nal.usda.gov/fnic/foodcomp/Data/index.html)

Skeletal Muscles of the Human Body  
[www.ptcentral.com/muscles/](http://www.ptcentral.com/muscles/)

SportDiscus Directory  
[www.sportdiscus.com/](http://www.sportdiscus.com/)

Sports Science Research  
[www.sportsci.org/](http://www.sportsci.org/)

UMLS Metathesaurus  
[www.igm.nlm.nih.gov/](http://www.igm.nlm.nih.gov/)

## Training Websites

**Dave Draper's IronOnline**  
[www.davedraper.com/](http://www.davedraper.com/)

Abdominal Training FAQ Page  
[www.timbomb.net/ab/ab.faq.html](http://www.timbomb.net/ab/ab.faq.html)

Ageless Athletes  
[www.ageless-athletes.com/](http://www.ageless-athletes.com/)

American Bodybuilding  
[www.getbig.com/](http://www.getbig.com/)

American Strength Legends  
[www.mcshane-enterprises.com/ASL/](http://www.mcshane-enterprises.com/ASL/)

Baye.Net High Intensity Training  
[www.baye.net/](http://www.baye.net/)

Bodybuilding Competition FAQ Page  
[//nps.ticz.com/bbcfaq.htm](http://nps.ticz.com/bbcfaq.htm)

Clarence Bass' Ripped  
[www.cbass.com/index.htm](http://www.cbass.com/index.htm)

Charles Poliquin  
[www.charlespoliquin.net](http://www.charlespoliquin.net)  
Charles Staley's Myo Dynamics  
[www.myodynamics.com/](http://www.myodynamics.com/)

Cyberpump—Home of HIT  
[www.cyberpump.com/](http://www.cyberpump.com/)

Deepsquatter Strength Online  
[www.deepsquatter.com/](http://www.deepsquatter.com/)

Dictionary of Lifting Terms and Techniques  
[www.trygve.com/weightsglossary.html](http://www.trygve.com/weightsglossary.html)

Dinosaur Training (Brooks Kubik)  
[www.dinosaurtraining.com/index.shtml](http://www.dinosaurtraining.com/index.shtml)

Dr. Squat (Fred Hatfield)  
[www.drssquat.com/index.htm](http://www.drssquat.com/index.htm)

Exercise Demonstrations & Calculators  
[www.biofitness.com/manual.html](http://www.biofitness.com/manual.html)

Exercise Instruction & Structural Kinesiology  
[www.planetkc.com/exrx/Exercise.html](http://www.planetkc.com/exrx/Exercise.html)

Explosive Athlete  
[www.explosiveathlete.com/](http://www.explosiveathlete.com/)

Grip Training  
[www.leikestova.org/solan/grip/index.html](http://www.leikestova.org/solan/grip/index.html)

International Association of Resistance Trainers (IAT)  
[www.i-a-r-t.com/](http://www.i-a-r-t.com/)

Mass Machine (Skip LaCour)  
[www.skiplacour.com/](http://www.skiplacour.com/)

Mesomorphosis.com  
[www.mesomorphosis.com/](http://www.mesomorphosis.com/)

Musclehedz Cartoons (John Gleneicki)  
[www.musclehedz.net/](http://www.musclehedz.net/)

Physique-Engineering Technologies  
[www.physique-engineering.com/](http://www.physique-engineering.com/)

Quality Mass Gain (Sandeep De)  
[www.deepsquatter.com/strength/archives/misc/sandeep.htm](http://www.deepsquatter.com/strength/archives/misc/sandeep.htm)

Sports Training with Dr. Michael Yessis  
[www.dryessis.com/](http://www.dryessis.com/)

SuperSlow Exercise Guide  
[www.superslow.com/](http://www.superslow.com/)

WeightTrainer  
[www.stas.net/weighttrainer/main.html](http://www.stas.net/weighttrainer/main.html)

WeightsNet  
[www.weightsnet.com/](http://www.weightsnet.com/)

Weighty Matters Archive Page  
[staff.washington.edu/griffin/weights.html](http://staff.washington.edu/griffin/weights.html)

Women's Weightlifting (Krista's)  
[www.stumptuous.com/weights.html](http://www.stumptuous.com/weights.html)





