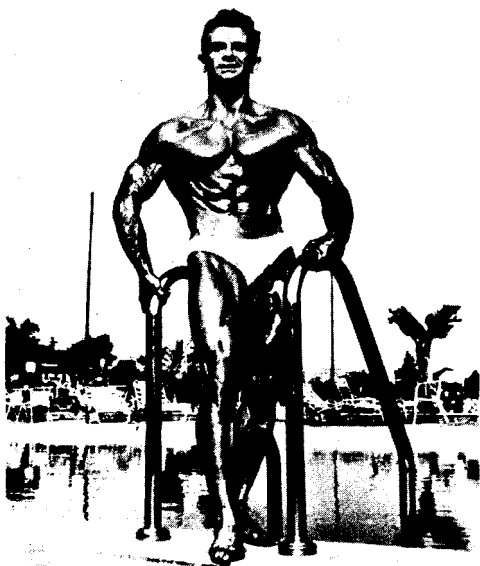




Vince's Gym

11262 Ventura Boulevard
North Hollywood, California 91604
Telephone 769 - 8851

ARM SPECIALIZATION COURSE

Pecs, Parallel Dips, Elbows wide (straight out to the sides, not back!), chin on chest, toes reaching for the floor and back rounded (chest concave), 8 Sets of 8 Reps.

LATS — Long floor pulley sitting on floor, knees slightly bent. Bend over and pull back to chest and arch back. 8 Sets of 8 Reps, 80% of maximum.

DELTS — No Pressing of any kind — only D.B. Laterals OR Shoulder width B.B., upright rowing, elbows slightly forward.

For Triceps, Diametric Bar, Supine Bent Arm, Pullovers behind head, compounded with Bent-Over 90° D.B. Kickbacks. Same Sets and Reps as Bicep.

As for your arms — try shoulder width, thumbs under Preacher Stand Curls plus Wide Grip B.B. Body Drag Curls (bar is touching body) as a compound exercise. 6 Sets of 8 Reps on each exercise with five seconds' rest only between Sets.

CALVES — 8 Sets of 20 Reps (come up on big toe and press heels inward to insure development on inside diamond peak of the calf, also keep knees slightly unlocked).

THIGHS — Hack slides, 8 Sets of 8 Reps.

This is a six-day a week routine and calls for three upper body workouts a week and three leg workouts a week.

As far as nutrition is concerned — two 3/4 lb. steaks per day and all the eggs you want . . . poached, soft-boiled or lightly scrambled. No lunch except for 15 liver tablets and 10 amino tabs. Eat a carbohydrate meal every 72 hours (no protein) . . . beans, potatoes, spaghetti or steamed grains or vegetables.

DO NOT DO MORE OR LESS THAN I HAVE OUTLINED HERE! !

Sincerely,

Vince Gironda