



# Building the Body: 2014 - Winter

*Frank Zane*

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## **Building the Body: 2014 - Winter** Frank Zane

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.

In this edition:

Draper's Back -- Dave describes how he used his favorite exercise to build his phenomenal back and Zane compares it to what worked best for him.

Muscles are Forever -- is Draper's article on his current training and it is one of the most entertaining pieces I've ever read.

The Bomber -- is a song I wrote about a workout I had with Dave in the early 1970s.

Fernandez wins Contest -- finally he takes the first place trophy on his third try. His story of persistence and dedication tells how he did it.

The Contest Thing -- It's getting ridiculous, on one hand men are attracted to wearing Bermuda shorts onstage in physique contests. They think better this than freaky muscle shows.

Freaky Muscle Shows -- at the other extreme is walking flexing mountains of muscle beyond belief, a spectacle to be sure but who wants to look like that? Some people do but they aren't reading this.

Building the Body -- back issues are available and you can get these collectors items at a package discount.

Hunter Labrada -- is carrying on the tradition and reputation established by his father Lee Labrada. With his genetics and coaching he'll go far, read about how he got started and his training.

The Neutral Grip -- means palms facing each other and when used in pulling (rowing, pulldown) movements helped me overcome elbow injury.

Around the World -- is a dumbbell exercise I used in my earliest workouts to bring out my lat and chest development.

Under the Sentence of Rehab -- is what I've been through the last few months following rotator cuff surgery, I'm making progress healing gradually.

Letters and Email -- pose interesting questions and comments about training and sleeping.

Weighted Ab Work -- is the best way to thicken and bring out the lower abs but be careful not to thicken the lateral obliques.


Mantra Meditation -- offers power phrases which can facilitate desired motivational and relaxation benefits through high repetition.

Artificial Sweeteners -- have been shown in recent research to raise blood sugar levels that can lead to obesity.

Nutrition for Healing -- is all about my nutritional program of food and supplements to help me heal. It's working!

Frankly Speaking -- has a neat photo of one of Christine's paintings and news about special prices to BTB subscribers on the fresh batch of Egg White Perfection just in from the lab.

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