

**Why
Conventional
Bodybuilding
Methods Suck...
and the
alternative
approach that
really delivers**

Stuart McRobert

Fed up of making minimal or no progress from conventional training routines?

New to alternative ways of weight training?

This free book exposes the shocking state of the weight-training world—especially bodybuilding. Even more importantly, it reveals how you can turn your training into a terrific success story.

Copyright © 2000 by Stuart McRobert
ISBN: 9963-616-10-0

Please distribute this book FREELY, to spread a message that can help many people. Direct people to go to <http://www.hardgainer.com/sucks/> to download the book FREE. If you prefer to email an attached copy of this book, you may want to let the recipients know in advance of the 4-8 minutes downloading time.

CS Publishing Ltd.

P.O. Box 20390

CY-2151 Nicosia

Cyprus

www.hardgainer.com

cspubltd@spidernet.com.cy

What follows is a scathing report on conventional bodybuilding methods. This may seem very negative, but out of a negative you'll discover a huge positive.

The basic problem is that conventional bodybuilding dogma dominates the training world, *despite this dogma being a total sham.*

To discover the greatness of bodybuilding, and strength training in general, you first need to understand what's *wrong* with the training world. Then you'll be informed enough to be able to cut through all the crud. So out of a negative you'll get to a positive, and discover how to build the physique that conventional training methods *deny* you.

US office

CS Publishing Ltd.

P.O. Box 1002

Connell, WA 99326

tel 509-234-0362

www.hardgainer.com

info@hardgainer.com

Anyone who thinks that the contents of this book are alarmist, or that I'm exaggerating, is way out of touch with the reality of the training world; or he has his head in the sand, is living in a make-believe world, or is promoting a lie.

I'm exposing the squalid mess to help prevent people from getting caught up in it themselves, *and* to educate them on how to exploit the marvellous potential benefits of *intelligent* training.

With influence comes the responsibility to wield power in a socially accountable way. Many influential figures and companies in the mainstream of the training world have been utterly irresponsible, to put it mildly. Millions of trainees have put their trust in various individuals, publications and institutions, but have been betrayed, and at great personal cost.

I'm a diehard training and bodybuilding buff, but I belong in a different camp to that of most of the mainstream. I've no time for the bull, deceit, fraud, drugs, lies and absurd training practices that are rampant in the mainstream.

Break away from training methods that don't work. Open your mind and find out from this book how to get in charge of your training. But you need to make the necessary changes *now*. You can't keep throwing away chunks of your life on unproductive training routines. Life is in short supply and the years quickly slip by.

The way that much of the training establishment has deceived the masses is akin to how the tobacco industry has spun its wicked web over the years. A glossy picture is presented in order to hide the squalid abuse of economic power. This is a strong statement, but read on and you'll see that my words are not mere rhetoric.

Sure I'm a rebel, but a rebel *with* a cause. You *need* a rebel's perspective; otherwise you're going to fall prey to the training mainstream *due to ignorance*. You're never going to get this rebellious but *liberating* perspective from the mainstream, because the establishment isn't going to go out of its way to undermine its power. That many magazines and books give similarly irresponsible and even harmful advice will never make that advice right. While repeated hammering away at the same lies and deception does make many if not most readers believe they are being given good advice and information, no degree of repetition of deceit and nonsense will ever produce something of truth and value.

Contents

Preface	8
Is your training working?	10
What <i>is</i> conventional bodybuilding?	11
What gives me the right to preach to you?	15
My motives	16
What's wrong with the training world?	19
The calamitous fallout	20
Train like a champ to become a champ? No way!	23
The claim that "the elite" are healthy	32
The old-timers were clean, weren't they?	34
Want creation	38
Wreaking of havoc in other ways	43
Fraud and the commercial imperative	46
The current state of affairs	50
Bad beyond belief	53
Role models that mislead	55
What about the legitimate drug-free elite?	56
Why's nothing done to put things right?	58
Stand up and be counted!	59
The success formula	62
If you would like to learn more	72

Preface

Learn from the costly experiences of those who've been through the mill of desperate frustration with conventional training advice. This book is not based on only one man's journey. It's a distillation of the experiences and acquired wisdom of *generations of people but which have been largely hidden or ignored by the training mainstream.*

Once you apply radical changes to your training program you will be totally out of step with what most people do in the gym.

Have the courage to swim against the training tide. Always keep in mind that popular training methods simply don't deliver the goods for most people. So why would you want to use popular training methods? Life is too short to waste any of it on useless training methods.

Because I'm only interested in drug-free training, and primarily concerned with satisfying the needs of the hard-gaining masses, most of the values and methods promoted in this book are heretical relative to what's customary in most gyms today.

There's no other approach to take if training methods that are practical and helpful for drug-free typical people are to be promoted.

Anyone, anywhere or anything that promotes training routines that only work well for the genetically gifted and/or drug enhanced, or offers how-to information on drug abuse (or carries ads for books on the same), or promotes absurd expectations and role models, or teaches high-risk or impractical training practices, or is a food supplement catalog in disguise, simply does not have your best interests at heart. If you follow the “instruction” found there you’re going to tread the same path of frustration and even despair that millions already have.

A journey of a thousand miles begins with one step. By reading this book you’ve taken the first step—a huge step—towards the strong, well-developed, healthy and lean physique you crave.

Is your training working?

Do you *really* have some progress in muscle and might to show for your efforts over the last few months?

More of the training approach that didn't work over the last few months isn't going to work over the next few months.

Before you can take charge of your own training and physique, you need to understand *why* conventional training methods not only won't help you *but may actually harm you*.

Conventional bodybuilding methods are useless for most people, and their promotion has grossly misled the training masses. Look around almost any gym and you'll see few drug-free people who have good physiques. And consider how many people have been gym members at one time or another, but gave up due to dissatisfaction with the results.

The enormous failure rate of conventional training methods isn't publicized by the mainstream, because the mainstream has a vested interest in the maintenance of the status quo.

Weight training is a wonderful activity, *but only if it's working*. When it's not working it's a massively frustrating and disappointing activity. To increase the success rate of weight training, an approach is needed which is radically different to that promoted by the mainstream.

What is conventional bodybuilding?

Conventional bodybuilding methods are largely the training practices of elite male and female bodybuilders and strength athletes—practices which are vigorously promoted in most bodybuilding magazines and books, and even on television too. They involve weight training on 4–6 days per week, multiple exercises per muscle group, and usually at least three work sets per exercise (in addition to warmup work).

Conventional bodybuilding methods aren't just what any specific magazine, book or publisher has to say. It's a *collective* thing arising from *many* authors, publishers, books, magazines, organizations and gyms. It's the whole shebang of excessive and impractical routines, and the presentation of the competitive elite as gurus and role models.

Consider some of what conventional training methods promote, and see how it's a travesty of useful instruction:

- 1.** Conventional training methods overtrain everyone other than the genetically gifted and drug abusers, but overtraining will not help you.
- 2.** Conventional training methods promote some high-risk exercises that injure many people. Getting injured will not help you build the physique you want.

- 3.** Conventional training methods often promote specific dangerous techniques for otherwise good exercises, and those specific techniques injure many people. Again, getting injured will not help build a good physique.
- 4.** Conventional training methods promote a volume and frequency that are impractical for busy working and family people. But even sacrificing work, family, education and a balanced life won't make conventional training methods work for typical people, so there's no value in extreme measures anyway.
- 5.** Conventional training methods place exaggerated importance on food supplements. Food supplements can't make lousy training programs work.
- 6.** Conventional training methods promote exaggerated expectations, and invariably use drug-fed genetic freaks as gurus and role models, neither of which will help *you* to realize *your* potential.
- 7.** Conventional training methods complicate training, and confuse people. Complication and confusion can't help.
- 8.** Conventional training methods are not personalized to meet individual needs, limitations, lifestyles and goals. This produces overtraining, injuries, frustration and giving up—i.e., failure.

9. Conventional training methods actually *encourage* drug abuse, because without the drug assistance those methods just don't work for most people.

Much of the mainstream of the training world, and the bodybuilding dimension in particular, plays down the drug problem, or pretty much pretends it doesn't exist, and does nothing of substance to help put an end to drug abuse.

That much of the establishment panders to the drug abusers, glorifies many of them, has made a few of them into icons, and presents them as role models, has played a major part in encouraging drug abuse and the accompanying chaos.

The drug problem in the bodybuilding world in particular is bad beyond belief. This has brought great ignominy upon mainstream bodybuilding.

But there's another side to bodybuilding, and strength training in general. It has nothing to do with the drug abusers or their lackeys, or with bull, lies, fraud, or impractical and useless training routines. After pointing out what's fundamentally wrong and squalid about the training world, this book will show you the other side of the coin—the clean, honest, truthful, productive, practical, healthy and life-enhancing side.

As a youth, when searching for training instruction I was heavily swayed by

appearances. What looked the best (to my gullible eye), had the most striking photos, and the most hype to really spike my expectations, was what grabbed my attention. That it presented useless and even harmful training instruction didn't dawn on me until years afterwards, by which time I'd been robbed of some of the best training years of my life.

Nothing has changed on this score over the years. The same shambles continues for today's novices, and will continue in the future.

The "information" most responsible for misleading trainees is not isolated to some specific and famous individuals and publications. It's everywhere, and even includes most non-mainstream publications *and* a plethora of internet web sites.

Anyone, anywhere or anything that promotes training routines that only work well for the genetically gifted and/or drug enhanced, or offers how-to information on drug abuse (or carries ads for books on the same), or promotes absurd expectations and role models, or teaches high-risk or impractical training practices, or is a food supplement catalog in disguise, *simply does not have your best interests at heart*. If you follow the "instruction" found there you're going to tread the same path of frustration and even despair that millions already have.

What gives me the right to preach to you?

I've dedicated my working life to exposing the myths, bull and lies of the exercise world, in order to teach people how to exercise responsibly, safely and effectively.

Born in 1958, in England, my "credentials" include over 25 years of training, over 350 published articles, having authored five books on training, having published and edited an independent training magazine since 1989, and having always been independent of food supplement companies.

Because I'm genetically average, have never used performance enhancing drugs, have an extremely demanding job, and am a family man too, I can totally relate to the lot of the average person.

I'm not part of the weight-training establishment. Though I've written many articles for the mainstream bodybuilding press, I've hammered away at my central themes, albeit limited by editorial constraints. *Few people in the training world who have any visibility speak on behalf of the true interests of typical grassroots trainees. Most people with visibility speak on behalf of the training establishment, and therefore have to peddle the usual "company line."*

But I'm no armchair athlete or theoretician. I've deadlifted 400 pounds for 20 consecutive rest-pause reps, and I've been an inveterate muscle and strength buff for most of my life.

My motives

It cost me nearly half of my life, a great deal of suffering, and an enormous waste of time, effort and money before I learned the real deal on how to improve one's physique safely and efficiently. I want to spare others from learning in the same extremely expensive way, or from giving up training due to frustration with lousy results.

In my youth, being a naive and trusting lad, I followed conventional bodybuilding methods hook, line and sinker—just like millions of people have over the years. And just like almost all of those millions, I found that conventional bodybuilding methods suck.

Whereas just about all of those people moved on, disillusioned and frustrated at having not realized their exercise goals, I stayed in the weight-training world and made a career out of teaching others to avoid falling foul of the same perils that I and millions of others already have.

My views challenge the mainstream of the training world. In my defense, consider these questions:

- 1.** Is it wrong to want to stop people from committing training "suicide"?
- 2.** Is it wrong to want to prevent people from wasting years of their lives training incorrectly?

- 3.** Is it wrong to want to spare people from suffering injuries from using high-risk exercises and specific techniques?
- 4.** Is it wrong to teach people that they don't have to spend a great deal of time in the gym in order to realize their strength and physique potentials?
- 5.** Is it wrong to teach people how to realize their exercise goals while maintaining a balanced life—*without* sacrificing work, personal and family lives on the alter of excessive time spent in the gym?
- 6.** Is it wrong to want to spare people from wasting money on food supplements that don't deliver what the ads promise? Is it wrong to let people know that some food supplements simply don't contain what the labels list? Is it wrong to let people know that lies and massive exaggeration are used to promote food supplements?
- 7.** Is it wrong to expose the drugs, lies and deceit that are rampant in the training world?
- 8.** Is it wrong to promote practical training routines that work without drugs?

I'm not anti conventional training methods for the sake of it. I'm just against anything that deceives the masses, or promotes useless, harmful or impractical training methods.

Conventional training methods work well for hardly any drug-free people, so why promote them?

The benefits of a responsible exercise program are great, but you won't experience any of them if you get cheated like I was and millions of other people too.

Conventional training instruction is in a colossal mess, and it's outrageous how so much bull and deception are promoted in gyms today. Inappropriate, impractical, non-personalized and dangerous instruction will not do. There's an alternative approach—one that's appropriate, practical, personalized, safe, healthy *and* super productive.

The paradox

Though the chronic failings of the training mainstream motivated me to write articles and books, and publish a magazine, it was the training mainstream that provided me with a degree of visibility from which I could present an alternative perspective. On the one hand there's *so much* to protest about concerning the training mainstream; but on the other hand, without the training mainstream I wouldn't have been able to provide an alternative voice to the extent I have. It's quite a paradox.

What's wrong with the training world?

Primarily the promotion of impractical and inappropriate training methods that only work well for people who have been blessed with great genetics, or for drug abusers. As a result, most people don't get the results they want.

The training world is built on huge success for a few people, and minimal or no results for the majority. What I promote is different to what the mainstream churns out because I teach healthy, real-world training for real people with busy lives and a sane *drug-free* mentality. My concern is with the training masses, not the competitive elite.

What most mainstream articles and books don't tell you is that the featured role models are usually genetic super people and/or are taking so many drugs that they make themselves super people until, that is, their health crashes. As super beings they can prosper on training methods that the average person can't. Someone who doesn't share your drug-free genetically "normal" condition is in no position to lecture you on how to train for your best results.

With few exceptions, it's true that mainstream books and articles don't give how-to advice on drug abuse. But by promoting routines that only work well for drug abusers, and by revering people who are drug abusers, that's tantamount to drug endorsement at worst, and outrageous hypocrisy at best. And it's a travesty of responsible behavior.

The calamitous fallout

The rampant use of muscle-building drugs is the worst calamity that has ever hit the training world. Drugs have produced dishonesty of untold proportions. *The first casualty of drug abuse is the truth.*

Most modern-day training magazines and books reek of lies and dishonesty because of rampant drug abuse by many if not most of the men and women featured in those publications, and used in advertising.

Some bodybuilders and strength athletes who only got to the top because they had drug assistance are *still* claiming that they never took chemicals. Usually they are dishonest because they are ashamed of their drug abuse, and don't want to tarnish their clean public images. And some even promote the charade that they were hard gainers.

While the harm to health that the chemicals have wreaked is a huge problem, as are the criminal implications of illegal drug use, these are nothing *relative to the colossal harm done to the drug-free training masses.*

Rampant but generally secretive drug abuse since the early sixties, when steroid use really took off, led to drug-assisted training methods being almost universally promoted as appropriate even for the drug-free training masses.

But these conventional training methods don't work for drug-free genetically typical trainees. Because these methods are so unproductive, most people who try them are propelled into a well of frustration and disappointment.

To make conventional routines work well, harmful anabolic chemicals usually need to be used. Dissatisfied bodybuilders looking for quick fixes to their training frustrations and disappointments have produced huge markets for drug pushers. *But the drug route is not the only solution for training woes!*

If people would train on routines based on the principles and values promoted in this book, they would get results that would astound them. They would not experience the frustration and disappointment that are usually standard when using conventional training routines. Then they would not feel pressured to take dangerous drugs in order to make their training work.

Out-of-this-world strength and Mr. Universe-type muscular development are only possible for genetic phenomena who are stuffed with drugs. Forget about comparing yourself with drug-fed genetic phenomena, because that's the route to despair, frustration and drug abuse. What matters is what *you* do with *your* physique, not what others do with theirs under extraordinary circumstances.

While it's true that the approach I promote won't make you into a Mr. Universe, *it will take you a darn sight further than conventional training methods would.* There's no comparison!

**Keep your integrity, sanity and health.
Absorb with every atom of your being the
paramount fact that your health is your
most important possession. And your
integrity is not far behind in importance.
*Train drug-free, always!***

Anyone who says that bodybuilding drugs are safe to use, is full of bull. Some of the people who give you the "bodybuilding drugs are safe" spiel happen to sell how-to books on drug abuse. A few of these "experts" are dead, partially if not wholly due to their own drug abuse.

Bodybuilding drugs are dangerous, and should be avoided like the plague. As Charles A. Smith told me shortly before his death in January 1991, "You never know how important good health is until you no longer have it." Think about this. Dwell on it. Make it one with you while you still have your health, *not* when it's too late. Avoid all harmful habits, activities and environments.
Look after yourself!

Train like a champ to become a champ? No way!

“Train like a champion to become a champion” has long been the message promoted by the weight-training world, especially bodybuilding. This message has been trumpeted in one form or another by almost all the magazines and books in the field—both mainstream *and* “sidestream”—and by most trainers and gyms too. The motive is simple—it attracts great interest and sells magazines, books, courses, food supplements and gym equipment. While it’s been a big commercial success in some respects, it’s been a disaster for the training masses.

The promotion of the “merits” of copying—wholly, or partially—the training methods of the “champion” bodybuilders and lifters is one of the most costly frauds in the exercise world. Despite millions of trainees having failed to meet their exercise goals in spite of putting into practice the methods used and promoted by the “champions,” the fraud continues. The failure of the training masses to achieve their goals is *not* publicized by the mainstream. The successes of a tiny minority—the “champions”—dominate the mainstream press and hide the real state of affairs in the training “trenches.”

Many years ago I used to be a big fan of a number of very famous, elite competitive bodybuilders. They were heroes of mine *until* I found out about the immense harm they

were responsible for. I was just one of the millions who, over the years, were grossly misled by these men.

The following is a statement of what these men were really responsible for; and what bodybuilding orthodoxy prefers to keep hidden, in the hope that by keeping it suppressed people will actually believe that competitive bodybuilding is healthy and full of decent and honest people worthy of emulation. This suppression is necessary in order to keep the “train like a champ to become a champ” mentality alive and kicking.

The real champions of the training world are not the drug-enhanced genetically blessed competitive elite. The real champions are the unsung heroes who applied years of dogged determination in order to build themselves up against the odds, without ever using drugs, without seeking or finding publicity, and without divorcing themselves from the rigors and responsibilities of everyday working and family life.

Genetically gifted and drug-enhanced super achievers who have near-perfect training conditions and lifestyles can't hold a candle to the real heroes of the training world.

I started weight training in 1973, age 15, when a handful of “legendary” bodybuilders were in their prime. I know from first-hand experience the impact such men have on ignorant and gullible neophytes. Their training methods were promoted to the training world with no caveats. This was done via numerous magazines from many publishers worldwide, and several books. The format was basically, “Here’s how the champions did it, and if it was good enough for them it’s certainly good enough for you. Train, eat and take food supplements like the champions do, to be like the champions!”

When I started out in bodybuilding I was consumed with dreams of building a great physique. I wanted to be as good as the most famous men of the time. I trained with the same dedication. I trained as their articles said I should. And I didn’t neglect the mental aspects—I imagined my biceps as mountains, and I had a hugely positive mental attitude.

I was at high school at the time. I took on jobs to earn the money needed to buy the food supplements and extra food I had to have, along with as much training literature I could get ahold of. Everything in my life played second fiddle to bodybuilding. I became a recluse. I was antisocial. All I wanted to do was train, and then apply myself to fully satisfying my recovery needs, which meant getting lots of sleep and avoiding social activities. I was as dedicated as possible.

Because I had the extreme level of dedication supposedly needed to become a “champion,” and because I knew I was delivering on the dedication front, and was training harder than anyone else at the gym, and I ate a lot and slept plenty—going to bed earlier than my peers—I couldn’t understand why I wasn’t making good progress. In fact, I wasn’t making *any* progress for a long while.

It was only many years later that I fully understood the reasons why I wasn’t making any progress—I didn’t have the extraordinary genetics the “champions” had, and I wasn’t “supplementing” with drugs. I actually believed that the only supplements the “champions” took were of the food type.

I didn’t build a physique like the “champions.” Not only that, but I didn’t even get close. In fact, the methods they followed and advocated *set me back*.

When I got to know of the drug component, I was disciplined enough never to use bodybuilding chemicals. Had I not had this discipline, however, I’d probably either be dead by now, or a physical wreck. Not having the genetics to be able to build huge muscles naturally, almost certainly meant that I’d never have had the physical robustness needed to withstand heavy drug abuse.

I wish someone had grabbed that young, gullible and oh-so-enthusiastic bodybuilder I was, and *insisted* that I trained in a way that was appropriate for me. Then I'd have made more gains over just a few months than I did from many years of the conventional approach of four or more days of training each week, multiple exercises per bodypart, and many sets. I was robbed of the best training years of my life through deception and utterly irresponsible instruction.

Train like a modern-day elite bodybuilder and you'll never develop a terrific physique *unless* you're one of the very few who have fantastic genetic potential. Don't waste years of your life before you learn this lesson. Learn it now!

The "instruction" found in most articles from/by elite bodybuilders has no practical relevance for typical people.

Almost all bodybuilding magazines throughout the world have, to varying degrees, promoted the "train like a champ to become a champ" maxim. For an illustration, consider a 1998 article in a major newsstand bodybuilding magazine on the chest training of one of the most famous bodybuilders of all time. A five-exercise 24-set chest routine twice a week is training suicide for the typical drug-free trainee. That's how it is. This is not sour grapes, or mean spirited.

There were no caveats accompanying the article pointing out the need for superior genetics and drug assistance to

make the routine work. What relevance has that article got for the typical trainee with average genetics and the good sense not to use drugs? But the typical youngster is going to copy it, and thus suffer as I did when I was very young.

Countless others suffered the same way I did, and still are today, because the same sort of irresponsible training nonsense that misled me in the seventies is being reprinted or rehashed today.

Not only did the “champions’” methods not help me, they caused injuries, gross overtraining, and sickness. So they *harmed* me. Millions of others have been affected in an adverse way, though you’ll never read about this in the mainstream publications. Despite all of this, the elite are almost deified by some people and publications.

Just about every “champion” bodybuilder since the steroids era began has been guilty of promoting overtraining and impractical and often harmful training methods, destroying the dreams of countless people, and giving weight training a bad name.

Some “successful” but scurrilous bodybuilders have claimed to have been hard gainers. Steroids were what “fixed” their perceived “hardgainingness,” and enabled them to train six days a week; but never was that mentioned in the magazines

and books. Food supplements, “better” training, and more dedication were the “secrets,” *so we were told*.

The promotion of the training methods used by drug-assisted and genetically gifted men wreaks havoc, despite these men being presented as demigods in the bodybuilding world. Sure they have inspired millions, but at the same time they have misled millions; and their “instruction” has robbed millions of people of the best training years of their lives.

The ensuing desperation drove many people to turn to steroids, to try to make the pseudo training advice work. Lousy instruction fuels drug abuse, because without drug assistance those methods don’t work for most people.

Though people who’ve suffered from the “train like a champ to become a champ” nonsense know the real score, endless newcomers to bodybuilding don’t, and they are going to tread the same well-worn path of deception and dishonesty that millions of people already have.

When sizing up the contribution to bodybuilding of modern-day physique “stars,” consider the following:

1. They were presented as role models for others to follow, with the implicit or explicit mantra of “train like a

- champ to be like a champ." Millions of people tried exactly that, in good faith. But they didn't get the full story. The roles of genetics and drugs weren't disclosed, and the utter inappropriateness of the "champions'" methods for typical trainees wasn't pointed out, so the training masses were deceived big time.
- 2.** Many people dedicated their lives to their bodybuilding, to imitate the "champions," and sacrificed education, careers and balanced family lives, and all without even getting close to what the "elite" achieved.
 - 3.** Food supplements were often touted as the "missing ingredient" for training success. Millions of dollars have been made by selling overpriced food supplements that didn't deliver what the hyped up claims said they could. Drug-fed supermen endorsing food supplements was a powerful commercial success for the companies involved, but again, the whole story was held back. As a result, many if not most readers really believed that the food supplements played a major role in the bodybuilding success of the men providing the endorsements. That drugs were *the* big "supplement," and food supplements were neither here nor there relatively speaking, was kept quiet. So again, the bodybuilding masses were hoodwinked.

4. What has gone wrong in the past is still happening today. There are millions of newcomers to bodybuilding who will get sucked into the same mess that I did and millions of others too. So the fraud continues unabated.
5. Many people discovered that the “champions’” training methods do work to a degree *if* you take enough steroids. So indirectly, the failure of those methods to yield results for the masses, promotes drug abuse.
6. The drug abuse has caused deaths, countless health problems, crime, jail terms, ruined relationships, and devastated families. This is a hideous state of affairs.

It's a strange world that glorifies many drug abusers who have deceived millions of people and caused so much dissatisfaction, frustration and downright misery.

Please distribute this book FREELY, to spread a message that can help many people. Direct people to go to <http://www.hardgainer.com/sucks/> to download the book FREE. If you prefer to email an attached copy of this book, you may want to let the recipients know in advance of the 4-8 minutes downloading time.

The claim that "the elite" are healthy

Some magazines and books which supposedly promote a healthy lifestyle are packed with physiques that are pumped to their gills with drugs. A few of those physiques have subsequently died largely if not wholly due to drug abuse. That's hardly in line with a healthy lifestyle.

When I started out in bodybuilding, and for quite a few years, I believed that the "champions" followed the healthy lifestyle the magazines boasted. I believed that the "champions'" success was a result of their dedication, hard work and clean living, and that I should follow their example. In my ignorance I followed their training advice, like millions of other have and still do.

These dishonest people didn't spill the beans about the whole story behind their ability to grow on routines that were training suicide for me and other clean-living and principled people. I was just one of the millions who were deceived.

I wish I'd known the full picture in my teens, and had trashed any advice coming from anyone on drugs. But the mess related to drug abuse back then was low-key relative to the extent of the squalor today.

How do you know who is and who isn't on drugs? Just about every "champion" competitive bodybuilder since the

early sixties has been into the juice, and not just steroids in most cases. It's not a case of "if" so-and-so abused drugs, it's more a case of "how much?"

It's not just the bodybuilding dimension of the weight training world that has a lot to answer for. Drugs are a mess in all aspects of the Iron Game, but more so in some aspects than others. Of course, drugs have provided huge problems in almost all athletic endeavors.

With few exceptions, it's true that mainstream books and articles don't give how-to advice on drug abuse. But by promoting routines that only work well for drug abusers, and by revering people who are drug abusers, that's tantamount to drug endorsement at worst, and outrageous hypocrisy at best. And it's a travesty of responsible behavior

The old-timers were clean, weren't they?

The pre-steroids old-timers did it drug free, but steroids go back to before the early sixties, which was when their use really started to take off. Some old-timers were taking steroids before the stench of drug abuse became widespread.

If you look at bodybuilding magazines since the forties, the sudden jump in the standard of physiques in the sixties, and the number of people with very "high" standards of development, is striking. It wasn't a result of "better" training, supplementation and nutritional habits, like some people would have you believe. Additionally, there was far more frequent promotion of absurd training routines once steroids became widespread—working out six days per week, even twice a day in some cases.

Steroids enabled the "champions" to train to a far greater extent and *still* progress, and those methods were promoted to the masses *without* the caveat of the need for steroid use to make the methods work. Instead, the "champions" were promoted as demigods who were dedicated to a greater degree than other people, and that was why they became "great." As I've said before, and I'm sure I wasn't the first to have said it, "The first casualty of steroid use is the truth."

Bill Pearl is a very big name who misled the masses for many years. To his credit, he did come clean about his use of steroids, and spilled the beans to some extent.

As a genetic superman bolstered with drugs, Pearl was light years away from being a role model for the genetically typical and drug-free masses. He was one of the big names who seriously misled me—one of the men promoted as a demigod by the bodybuilding world.

My parents bought me Pearl's courses, as a Christmas present when I was about 17. Their instruction was useless for me. There was no mention of the role of genetics and drugs in Pearl's achievements.

No mention of drugs, that is, until I read his 1986 book GETTING STRONGER. Then I started to appreciate that Pearl was an example of a tremendously gifted man who was *further* enhanced by drug abuse. Yet for many years he'd been offering advice to the drug-free genetically typical masses. No wonder his routines were so far off the mark. Here are some of Pearl's own words, from GETTING STRONGER, and he could probably have spilled a lot more of the beans had he chosen to:

My first experience with steroids was in 1958. I had won the Mr. America and Mr. Universe contests and was in Florida making a movie with Arthur Jones, a thoroughly unorthodox and eccentric friend (who would later revolutionize weightlifting with the invention of the

Nautilus machines). Arthur told me about a new chemical the Russian weightlifters were using. When I returned to California I did some research.

At the University of California at Davis I met a veterinarian who told me that steroids were being used with good results to develop strength and growth in cattle. The name of the drug was Nilivar and the daily recommended dosage for humans was 10 mg.

Now it might seem extreme for someone with no more information than that to begin using the drug, but that's what I did. Good enough for a bull, good enough for me! It never even occurred to me that there could be anything harmful in the drug or any side effects...

Two years later I decided to enter the 1961 Mr. Universe contest. By then, steroids were out of the experimental stage and well-known to most competitive bodybuilders. They were no longer an underground item. I remembered the fast progress I'd made using them and decided to do so again...

Most of the old-time bodybuilders will not touch steroids now, but probably used them at one time or another.

While Pearl came clean, at least to a degree, few of the other big names did—at least not in public. So training methods

that only work for drug-fed genetic supermen have been drip fed to the masses since about 1960. The training masses have been led asunder, and the only way for most people to make those training methods work well was to take steroids. This is no way to promote “healthy” bodybuilding.

There wasn't, however, a golden age of training instruction in the pre-steroids era. I've a library of training publications going back a hundred years. Training volume inappropriate for most people, exercise techniques that cause problems for many people, high-risk exercises, non-individualized training, and dreadfully deceitful ads have been promoted to the masses for over a century. Though there's nothing new here, modern-day big business and the drugs problem have made matters *far* worse.

The bodybuilding world is stuffed with people who lie freely and sell fraudulent products. A few of them have been hailed as icons of the modern world, and given numerous awards for business “excellence” or “contributions” to the training world.

Want creation

The “follow the champs to become a champ” maxim is used to create demand for innumerable training-related products.

Why is there so much attraction in the training world to matters that are insignificant, useless or even harmful? Because there’s not much money to be made out of getting people to just deliver on *the package*—hard training on basic exercises along with plenty of milk and knife-and-fork food (to produce a caloric and nutrient surplus), bags of rest and sleep, and gearing *everything* to generate the progressive exercise poundages (in *perfect* form) that produce bigger muscles.

To produce enough income to satisfy the demands of a plethora of interests, money has to be made out of selling “improvements” to *the package* in terms of “better” programs and equipment, and “add ons.”

There needs to be a great industry of want *creation*, and never mind the uselessness of many of the products that demand is created for, or the fraudulent nature of the promotional techniques. This industry of want creation is largely what the bodybuilding establishment exists to produce. *And how well it has produced it.*

The most profitable “add ons” are food supplements, because they are mass produced, consumed quickly and need to be “renewed” often, yielding lots of repeat sales.

Food supplements offer huge potential for repeat sales. A barbell set can last a lifetime, as can a good book on training know-how, but a can of protein powder only lasts a week or few. The profit margin on food supplements is large, and the scope for hype and lies in marketing material is unlimited.

Because bodybuilders and strength trainees are made so gullible by the mainstream literature, there's an unlimited market for selling food supplements. So the supplement hawkers are going to keep ramming their often criminally dishonest claims down the throats of muscle mag readers.

Some food supplement companies publish bodybuilding magazines (or are very closely intertwined with the publishers), and use those magazines to promote their wares. It's no wonder that many trainees seem to think more about food supplements than their training.

Exaggerated claims, dishonest reporting, abuse of editorial responsibility in magazines and books, and utter nonsense are used to produce demand for large sales of supplements.

Ask around most typical drug-free gym members who have no vested interest in the sales of food supplements, and you won't find many who will tell you they experienced much if any significant increase in their rate of progress as a result of

using bodybuilding food supplements. You will, however, find many who will tell you that the most significant results of their taking food supplements are the dents made in their bank balances along with increased visits to the toilet.

Because there's nearly always something "new" being hyped up, along with "improved versions," many trainees are willing to give food supplements "just one more try." Even when that "last one" bites the dust, as it usually does, something else comes along, with a sales pitch that wins the doubters over, and trainees give that one a shot. On it goes—the supplement marketing boys know what they are doing, and the bodybuilding world is ripe for the picking.

Some ads in the muscle magazines truly are criminally dishonest. The problem isn't a bit of exaggeration or promotional hype. The problem is so very serious that it's a damning indictment of the liars who put their names to "endorsements," and of the liars who write the fictional claims for progress made while supposedly using the advertised supplements.

I know that these scoundrels are full of bull, as do most seasoned trainees. But novices don't. It's not only the big guys used in the bogus ads who should be damned, but the

companies putting the ads out. And those who allow the ads to reach the public are encouraging the liars and crooks.

Drinking a potion, or swallowing tablets or capsules, to try to help training and physique progress will always have a very big appeal, largely because they are easier to deliver on than are consistently hard training, good eating and sleeping.

Promoting a training method that supposedly needs food supplements to make it work is a great marketing ploy to sell food supplements. But no food supplement will make a bogus training method work.

Off the record, some of the charlatans will tell you that you've got to get on the real "gear," namely steroids (not food supplements), to make their training methods work.

A reader of HARDGAINER called to let me know about a well-known "expert" (a man who has taken steroids for many years). Someone called the "guru" to complain that the "expert's" training methods weren't working.

The first question the "expert" asked was, "What are you on?" "Guru" assumed that the caller was already on drugs, but the wrong stack and dosage of the blasted things. Of course, the "guru" doesn't put the required drug usage in his articles; so people follow the articles in good faith, not

knowing that they are only for drug-using fools. Thus, the “guru’s” methods wreak havoc in the training world.

Such is the shambles of mainstream bodybuilding, and the criminal activities of some of its “experts.” Truth be told, those “experts” should be put behind bars.

The “improvements” and “add ons” of the training world have to be hyped up *way out of proportion* to what they can really deliver (or even be promoted with a pack of lies), due to the commercial imperative of *creating* a demand.

The great attention placed on all the “extras” inevitably produces a huge distraction from the *priority issues*, along with a great deal of bull and deceit, including bogus and even harmful products. So the training masses are cheated, and denied the progress that should be theirs.

Get *the package* in good consistent order, and you’ll go far—a darn sight farther than all typical trainees who get caught up in the hoopla and bull of the modern training world.

Wreaking of havoc in other ways

Genetically gifted, drug-fed, pro or semi-pro athletes are a totally different breed to the rest of us, and what can work well for them can wreak havoc on the rest of us. For example, training techniques that work for them can ruin the joints of typical trainees. Despite this, many of those harmful training practices are promoted to the masses without any cautions or caveats.

Presenting some outstanding success stories as men who once were “ordinary” hard-gaining people is a travesty of the truth that has been used many times. The truth is that these people are usually genetically gifted and, at least during the last forty years or so, drug assisted.

I’m not calling all trainers and coaches liars. Neither am I saying that all examples of stellar results are from genetic standouts and/or drug abusers, but I can confidently say that most are. Only part of the truth is usually used in promotional writing, in order to increase the trainer’s status and kudos, in order to kid the ignorant and gullible masses.

This method of conning the masses has been used for many years. But what you don’t find out about are the failures from applying the methods that supposedly account for the success stories, and the injuries and damage that were produced among typical trainees.

Conning the training masses takes many forms, such as...

- 1.** It's a fact that some people who have never used a given trainer's program actually endorse it and even claim to have used it.
- 2.** It's a fact that some people who have never used the touted food supplements, endorse them.
- 3.** It's a fact that some people who have been taking steroids for many years claim to be drug-free examples of what a certain coach's training and food supplement regimen can do.
- 4.** It's a fact that "research" referred to by some people in the training world is fictitious.
- 5.** It's a fact that the benefits of food supplements are usually exaggerated big time, or even made up.

I'm *not* saying that all claims are packs of lies, but I *am* saying that the bodybuilding world is notorious for exaggeration and deception, especially when food supplements are involved.

There are often facts that are hidden—perhaps the trainee concerned was coming back after a long layoff, perhaps he's a very easy gainer, perhaps he was on steroids,

perhaps the time period involved was much longer than reported, or perhaps there's been some creative touching up of the photos concerned. I've even seen the same head put on different bodies! But an expert *can* merge a head with someone else's body and *you would never be able to detect it*. There are *almost no limits* on what can be done today when working with photographs.

Some people have no scruples, and will do whatever they can get away with in order to con people. This behavior is ever worsening because an ever increasing number of individuals are digging their hands in the coffers of the bodybuilding world.

While I actually have a vested interest in the shortcomings of the training mainstream—because I've made a career out of providing an alternative viewpoint—I'd *much* prefer that the mainstream hadn't been defective and deficient in the first place. Then the success rate from mainstream instruction would have been so wonderfully high that there would have been little or nothing to protest about, and no need for an alternative approach.

Fraud and the commercial imperative

The “train like a champion to become a champion” mentality carries a great deal of marketing clout, and even works very well for the elite of the bodybuilding and powerlifting worlds. These people—who are often credited with having written articles and books—promote the sort of training that worked for them. They never had the experience of being bona fide hard gainers, so can never get in the shoes of typical trainees. So the training masses continue to be led astray.

Some of the ghost writers do know the real score, however, but because they are the lackeys of the big names they are writing on behalf of, they have to fuel the flames of bull, nonsense and fraud.

In some ways it's in the best interests of many companies that people fail in their training. This failure creates the reservoir of frustrated masses that produces the fodder for those making exaggerated or fraudulent claims for food supplements. The food supplement industry is where serious money is made, not the training instruction industry.

Most mainstream magazines don't exist to promote practical training information that works for typical trainees. They exist largely to maintain the high circulation figures needed

for obtaining a lot of high-priced advertising. Also, keep in mind that some magazines are used as catalogs for the sister or master food supplement companies that are associated with those publications.

Sensible training information that works for the masses won't sell hundreds of thousands of copies of magazines or books. Photographs are the prime factor behind big sales of bodybuilding magazines and books. In many cases, the more awesome the photographs, the better. This leads to glorification of drug-fed excesses, and a glaring contradiction with any espoused principles of good health.

The focus on the visual has also led to the presentation of as much female flesh as possible (whether trained or untrained), and as much use of sex as possible. Consider how often that word crops up in cover blurb. The use of the word "sex" seems to have greater importance than the word "muscle" on the covers of some bodybuilding magazines. This has nothing to do with training instruction, or the best interests of readers, but simply the commercial imperative of attracting buyers in sufficient numbers to make a newsstand magazine economically viable.

When numbers are the bottom line, publication content will be tailored to meet the primary need, *not* the best interests of readers. And that, in the bodybuilding world in particular, usually means a focus on the elite, the freaks and the most

awesome, along with as frequent as possible connections with sex. Of course, the use of sex as a sales technique is not unique to bodybuilding. It's used in many other fields too.

The failure rate of bodybuilding is enormous, and not just because of the lousy results that conventional training methods deliver for most people. The number of people who get turned off by the dishonesty, clear contradictions and nonsensical training advice that abound in most of the mainstream publications, is vast.

Additionally, the drug-fed muscular monstrosities (male and female) that some magazines publicize and admire repel many people from bodybuilding, and make the activity a freak show and laughing-stock.

So long as there are plenty of gullible newcomers—usually young men—to replace the former “discarded” readers, all is well on the numbers front. And why change a proven formula? It has “worked” for decades.

The training mainstream is very adept at presenting bull, nonsense and deception as truth. Even people who are well educated and very discriminating in their professional lives often become utterly irrational in what they accept as truth in the training world; until, that is, they've invested a year or two of training and learned that conventional routines don't work well for conventional people. But by then most

of them have given up, and written off bodybuilding (and perhaps exercise in general) as something that doesn't work for them. Thus they fail to obtain the wonderful benefits that accrue from a lifetime of regular exercise.

So continues the old and familiar story of the training masses getting shafted by swallowing the mentality of "train like a champion if you want to become a champion."

There's quite a bit of information and advice in the mainstream that *is* accurate, but the promotion of accurate information is a vital part of the game of deception. An *illusion* of credibility is produced through presenting accurate information and drawing upon people with *apparently* impressive academic qualifications and "reputations." This "softens up" the readers so that they are easily conned by the lies, deceit and bull which are mixed in with the accurate material.

The current state of affairs

It's over 25 years since I started bodybuilding. But the grim reality is that mainstream popular training instruction is no better now than it was back then. And in fact, it's worse. I am, however, only concerned with drug-free and genetically typical (and disadvantaged) trainees—i.e., the training masses. As far as the elite are concerned, it's a "better" world today—more drugs, more effective drugs, more competitions, more publicity, more money and more fame.

Part of me wants to wash my hands of the training world because of its nauseating deception, bull, dishonesty, hype and drugs. I'm not just directing my comments at bodybuilding. Strength sports are riddled with the same mess. But another part of me gets very angry at the hokum that's rampant in the training world, and drives me to make an effort to present some truth and honesty.

The word "success" is often used incorrectly. Kidding the masses, selling training misinformation, and leading people astray is not "success" no matter how many millions of items of "product" are sold, how much profit is earned, or how many tributes for business "excellence" are awarded.

Appropriate, practical and safe training instruction for typical trainees is what I'm into, and what *should be* the heart and soul of bodybuilding and strength training—mainstream and otherwise.

Photographs sell training magazines and books, not articles and workout instruction. In many cases the articles are just the padding needed to provide the spaces for photographs and ads.

For photographs to do the job of grabbing the bodybuilding masses—who, to their cost, are usually into a publication's appearance before its content—they need to be arresting. This inevitably leads to the publication of the most awesome physiques.

Today's most awesome physiques belong to the genetically gifted *and* drug-enhanced. They are *light years* away from what the genetically typical drug-free person can achieve.

But the drugs component is either understated or, more commonly, ignored—for reasons of not downgrading the physiques and reputations concerned, to avoid law suits, and to try to give bodybuilding a “clean” image.

The training methods used by the drug-fed genetic phenomena—which are often embellished with a hefty dose of fiction—are promoted without any caveats. *They should be accompanied by this sort of warning:*

“But these routines only work if you have phenomenal genetics or drug assistance, and

preferably both in spades. Sane and genetically typical people must train in a totally different way. We only provide over-the-top instruction for entertainment and to attract buyers. Don't try to use the instruction yourself! What worked for the champions will not only *not* work for you, but may *destroy* your chances of achieving your potential. Not only that, but it will yield huge frustration and disappointment from so much time and effort being invested in achieving training failure, along with accumulating injuries that could scar you for life."

To finish "the current state of affairs," here's what a publisher of a foreign language edition of a big US bodybuilding magazine told me recently: "One [city]-based sports nutrition trader...has undertaken to publish a US bodybuilding magazine...The sole purpose of this project is clearly to use it as a promotion vehicle for nutrition products." The same can be said of some of the *original* US-published magazines. The job of the publication is to pull in readers, and then feed them information that "softens" them up for the sales pitches for supplements embedded in articles, or in the ads themselves. Training "information" and photographs are just the padding around which the supplements promotion is arranged. What hope is there for decent training instruction or objective nutritional information?

Bad beyond belief

I was recently leafing through a series of books from a famous bodybuilding author. The content was bad beyond belief. It was one awful book after another, preaching the same bull—training instruction totally inappropriate for the drug-free and genetically typical masses, “decorated” with genetic phenomena largely if not wholly bolstered with drugs to further enhance their already great advantages.

The naive, gullible and ignorant masses—especially young men—are attracted by the photographs in these books, buy the books, and follow the abysmal “instruction” that was used to fill the spaces between the photographs. These books are not being published to help the average drug-free bodybuilder. There’s another agenda.

Relative to 1973 (when I started training), nothing has really changed instruction wise in the bodybuilding world other than a greatly increased number of photograph albums that pose as instruction manuals. So the mess is actually worse today than it was when I started out.

Even worse, and I’m not saying that this is intentional, but promoting training routines which don’t work for 95-plus percent of trainees actually *encourages* drug abuse. Without drug assistance those training methods just don’t work.

No matter how awesome something looks or is packaged, and no matter who says it or endorses it, never be persuaded that any workout instruction used by drug-fed genetic phenomena—even a watered-down version—has any real relevance to you.

Think things out for yourself, be true to yourself, and only follow routines that are *appropriate* for you, *practical*, and *personalized* to your individual situation.

If you don't do all of this you'll follow the same route of training misery that millions already have, and further millions will as they apply themselves to training methods that haven't a hope of yielding success *unless* drugs are used to compensate for the lack of phenomenal genetics.

Trading your soul and health for fleeting physical rewards is no sane way to go. Don't wait until you no longer have your health before you appreciate its priceless value.

Role models that mislead

In the pre-drug era, before I was born, the genetically super gifted, including the late John Grimek, were inspiring even though their achievements were out of reach for typical people. Their training routines, too, were out of line for “average” people, and needed to be heavily pruned back.

But the physique achievements of today’s drug-enhanced genetic freaks are *in a different world to the achievements of the super gifted of the pre-drug era.*

Even John Grimek in his prime wouldn’t have been able to gain on what the modern crop of drug-fed mega achievers grow on. If a fantastically blessed superman like Grimek couldn’t have gained on this modern stuff, what hope is there for regular mortals?

All drug-assisted *and* drug-free genetic phenomena don’t have a clue how to train drug-free genetically typical people. But they know much about how to mislead and deceive. Always keep that in mind when you hunt for role models or help with your own training.

What about the legitimate drug-free elite? Aren't they worthy role models?

There are some *drug-free* top-level bodybuilders, though *not* as freakish as the drug-fed crop. While many of these elite “naturals” are as drug-fed as the monsters, there probably are a few who are clean (but *astonishingly* gifted genetically). Some of them even claim to be hard gainers. After all, they did struggle a bit to get from 18-inch to 19-inch arms. But anyone who could get huge without drugs was *never* a hard gainer. Even the elite's progress grinds to a halt eventually, and then they find gains hard to come by. But that *doesn't* qualify them as hard gainers. And just because they are drug-free doesn't mean they are genetically typical and therefore suitable role models for the rest of us.

Some of the near-freakishly developed “naturals” boast they are examples for what can be done sans drugs. Then they lay out a training program for readers to follow that even Schwarzenegger in his prime would have been proud of. (Schwarzenegger was absolutely no example of a drug-free hard gainer for typical trainees to follow!)

There's remarkably little difference between the elite naturals' routines and the drug-fed's routines. Perhaps the former need a bit more recovery time, and fewer sets, but *still* their training methods are *far* removed from what typical trainees need, such are the former's *tremendous* genetic advantages. So, *paradoxically*, the mainstream deception “machine” has found

allies in some natural “champs.” No one—whether drug-free or drug-fed—who has great genetics for building muscle and might can *ever* get in the shoes of the typical hard gainer.

Anyone who promotes long routines, and more training days than rest days, is promoting an approach that only works for the genetically gifted and/or drug fed. It never worked for typical drug-free trainees in the past, and it will never work for them in the future, *no matter how many food supplements are taken, or which brand name is chosen.*

Dedication, food supplements, attitude and hard work can't improve one's genetic inheritance. They are, however, essential for realizing one's potential, *but only if combined with a training program that's appropriate for genetically average people.*

Some food supplement companies use a “tested” drug-free near-freakish physique to endorse their products. A big thing may be made of the “drug-free” condition, but no mention is made of the *tremendous* genetic good fortune the man has. Supplements are promoted as the big “equalizer.” So once again, the typical trainee gets shafted as the establishment hides truths, makes its own “truths,” and distorts things to suit its own ends—ends which are *not* in the best interests of the training masses.

The way that much of the training establishment has deceived the masses is akin to how the tobacco industry has spun its wicked web over the years. A glossy picture is presented in order to hide the squalid abuse of economic power.

Why's nothing done to put things right?

With the bodybuilding world in particular being in such a mess—though you'd never realize it if you only read the mainstream magazines—you might wonder why nothing is done to put things right.

Despite drugs being so endemic in bodybuilding, and with the elite competitive physiques (male and female) being juiced up to the hilt, no serious action is taken against drug abuse. Instead the “stars” are presented as role models, given tremendous publicity and opportunities to line their pockets, and some of them are made into icons.

Drug testing, as scarce as it is, is pathetically inadequate. No serious action is taken against drug abusers because the consequences could be so dire for the powers that be. If a *legitimate* and *rigorous* surprise test was performed at a big contest, or on the big guys who endorse food supplements, they would all test positive for drug abuse.

If all the beans were spilled, that would rubbish the public “credibility” of the many organizations and companies that have built their success on the edifice of lies, drugs and deceit that makes up much of mainstream bodybuilding. There's simply no strong and principled leadership at the top to do anything about the problem. So the drug issue is largely swept under the carpet, and a pretense made that there really isn't such a big problem after all.

Stand up and be counted!

In my teens in particular I fell prey to the siren calls of those who sold fraudulent products and used scurrilous tactics to deceive the ignorant but gullible masses. Today the siren calls are even more attractive and deceptive.

I recently discovered some antics of a very big name in the world of competitive bodybuilding. Exploiting his fame, he's offering "personal" (and very expensive!) training courses through correspondence.

Based on minimal information that can never get even close to understanding the strengths, limitations, goals, individual circumstances and lifestyle of the individual—all of which can hugely influence the design of a training program—Big Name provides a non-individualized "personal" training program along with supplement advice. It probably won't be long before he has his own line of food supplements, in order to pillage the market even more.

No mention is made to prospective "clients" of the freakish genetics *and* tremendous drug support Big Name has, and of how he's utterly unqualified to instruct typical trainees. His training philosophy for the masses is pretty much "train like I did to become like me."

Big Name has an accomplice for the scam—another juiced-to-the-eyeballs genetic marvel. What hope is there that this

duo will offer responsible training for typical trainees? Zilch! These two scam artists are just two of many, such is the state of the training world. This sort of mess is not new, but there's far more of it around today than in the past.

That so many people are ripe for being ripped off is largely a reflection of the mainstream propaganda that intentionally misleads people, or at least hides the truth. This leaves the training masses prime prospects for ripoff merchants.

The mainstream misinformation and deception "machine" is wrong. But doing what's right isn't the bottom line for most mainstream interests—the numbers game and end-of-year financial statements are what count most of all.

Stand up and be counted by turning your back on what's wrong in the training world. Never mind if having scruples and doing the right thing is unfashionable in some people's books.

Rid yourself of all the crud that produces so much failure and exploitation in the training world; and rid yourself of those who propagate the crud. This means cutting yourself off from drugs, liars, cheats, hypocrites, and unrealistic expectations that can only be realized through freakish genetics and buckets of drugs.

Educate yourself, become your own expert personal trainer, take charge of your own training, never surrender control to another person (especially a drug-fed genetic phenomenon), train yourself safely, sensibly and productively, and accept that you can never match the drug-fed monsters.

Dedicate yourself to achieving your *own* potential, and knuckle down to years of consistent *intelligent* training that has been personalized to suit you. And always keep your health as your number one priority.

Do all of this and you'll achieve your own physical excellence, enjoy the journey there, and be a credit to the true and honorable standards of the Iron Game, *and* be a credit to yourself.

Be challenged by this call to arms to stand firm against the stench of drugs, lies, bull, fraud, hidden agendas and irresponsible training advice that besmirch the Iron Game.
Together, we really can make a difference.

The success formula

Contrary to what conventional bodybuilding methods would have you believe, in order to build a terrific physique...

- 1.** you *don't* have to weight train even three times per week, let alone four, five or six times;
- 2.** you *don't* have to use a great variety of exercises, or high volume training;
- 3.** you *don't* have to take “bodybuilding supplements,” though some other supplements can have health benefits and be very valuable;
- 4.** you *don't* have to get caught up in all the hoopla and hype of the bodybuilding world;
- 5.** you *don't* have to use high-risk exercises or techniques, or any foolish macho bravado;
- 6.** you *don't* have to copy drug-abusing habits of the big guys.

But you *do* have to adopt a totally different approach to your training and *whole outlook* on bodybuilding. There is a huge bonus *on top* of improved results—*reduced time spent in the gym*, and a more practical approach for busy people. So you can achieve your exercise goals *without* sacrificing important aspects of your work or family life.

Shortly I'll provide a summary of what would have delivered the goods for building a big, very strong and impressive drug-free physique when I was a beginner, given a few years of consistent application. It still delivers the goods today, over 25 years on. In fact, it's the *only* type of training that produces decent results for most people.

Don't waste years of your life, like millions of others already have, trying to prove to the contrary.

I realize that most of the prescriptions that follow shortly are radical or even downright blasphemous relative to the edicts of conventional training. *Have the courage to swim against the training tide.* Always remember that popular training methods simply don't deliver the goods for most people. So why would you want to use conventional training methods?

Because I'm only interested in drug-free training, and primarily concerned with satisfying the needs of the hard-gaining masses, it's inevitable that most of the values and methods promoted in this book are heretical relative to what's customary in most gyms today.

There's no other approach to take if training methods that are practical and helpful for drug-free typical people are to be promoted.

What follows is an outline only, to lay a foundation. There's much to learn about how to implement the framework in a way that's *personalized* and *appropriate* for a given individual.

Training program design needs to accommodate individual factors including goals, age, training history and experience, strengths and limitations, injury background, equipment availability, and recovery ability. In addition, exercise selection and form must be perfect. This is no simple matter. A look around almost any gym will provide a litany of poor exercise selection and lousy form, and demonstrate the gross ignorance that abounds on exercise selection and form. Also, recovery ability needs to be enhanced, and nutrition optimized.

While my focus has always been on meeting the needs of the drug-free and genetically typical—hard gainers (who are really “normal” gainers)—the training methods I promote are *also* appropriate for easy gainers, i.e., people who have naturally very responsive bodies. Even easy gainers want to make progress as fast as they can, without injuries, and without becoming slaves to a gym. This is precisely what sensible and personalized abbreviated training delivers.

I know that the framework promotes a simple and basic approach to bodybuilding and strength training, but that's *exactly* what most people need. *One of the biggest and most destructive myths of the training world is that simple, basics-first routines are for novices only.*

It's important to get to the root of productive weight training—*building up to handling impressive weights in the big exercises in consistently perfect form.* If you want to build a terrific physique, you absolutely must build up to using big weights in the major movements. Just what is “big” varies according to the individual, due to a number of factors including goals, age, gender and training experience; but “little” weights only build little muscles. Incrementally and *consistently* increasing your exercise poundages is the name of the muscle-*building* game.

Training, nutrition and recovery all need to be geared to assist your body to build additional strength pound by pound, to work up, over a period of years, to big weights. The best way to achieve this, training wise, is to use *abbreviated* routines, *safe* exercise selection and *perfect* form. *That's* why abbreviated training is the way to go.

Getting caught up in the small exercises like most trainees do—leg extensions, leg curls, pec deck work, cable crossovers, pec flyes, lateral raises, concentration curls, triceps kickbacks, etc.—*hinders* progress on the big

exercises that really matter. Why bother with those little exercises if you want to build bigger and stronger muscles? Why train in a way that hinders progress on the exercises that really matter?

There are, however, a few very important small exercises that have vital assistance value for keeping you injury resistant for the big exercises. But these small exercises don't include the aforementioned ones that are so popular today.

You can't refine a physique until you've first built the required muscular size. Drug-fed genetic freaks can build *and* refine, but drug-free genetically typical trainees can't.

Here's the outline of sensible abbreviated training that's appropriate for anyone—male or female, young or not so young, hard gainer or easy gainer, beginner or very advanced. And it applies whether you want to train in a home gym, or in a public gym.

- 1.** Simple routines of 6–8 exercises *maximum* per workout, and better still for many hard gainers, only 3–5 exercises. No single program is best—there are many interpretations that can work well.
- 2.** Most of your exercises should be big compound movements—e.g., squat, deadlift, parallel bar dip and chin—if you're at the upper end of the number of

exercises, and *all* of them should be big movements if you're at the lower end of the spectrum. The harder you find it is to progress, the more you need to prune back on the exercises you perform.

- 3.** Weight train no more than twice a week.
- 4.** Alternate two different workouts.
- 5.** Add an *extra* day or two of rest between workouts, if necessary, for full recovery.
- 6.** Master exercise form, and *always* use impeccable exercise technique.
- 7.** Use a controlled rep speed of about 2–3 seconds for the positive and at least 3 seconds for the negative. Put the emphasis on keeping your reps *smooth*. Explosive training greatly increases the risk of injury, *so avoid it*.
- 8.** Warm up very well—better too much than not enough.
- 9.** Perform no more than three work sets per exercise.
- 10.** Make poundage progression in perfect form your training creed. Add *a little* weight to each exercise every week or two—a little weight means a pound or so on each big exercise, and no more than half of that on the

smaller exercises. Use “little gems”—i.e., fractional plates or microloads. This applies during the *hard* stage of a training cycle. During the earlier “breaking in” stage you should be able to add weight faster.

- 11.** Follow a high-quality protein-rich diet *every day* that provides a caloric and nutrient surplus. You can't build muscle without enough of the required raw materials.
- 12.** Spread your dietary intake over five or preferably six feeds a day.
- 13.** Experiment with protein intake—you may need large quantities to maximize results.
- 14.** Sleep well every night—at least eight *quality* hours.
- 15.** Conserve your energy on your off days.

Fine-tune most of this outline based on experimentation that's governed by sticking with what helps, and dropping what doesn't—to personalize the template *for you* to produce month-by-month progress.

Some factors, however, aren't open for modification—don't compromise on perfect form, for example, though you should tweak grips and stances to find what works best for you. And for as long as you want to get stronger and bigger

muscles, never compromise on the need to keep adding a little poundage to each exercise whenever possible.

With the “adjustable” factors, individual modification can make a *big* difference. Perhaps you need a lot more protein than most people do, perhaps you need ten hours of sleep daily rather than eight, perhaps you’re better off training three times every two weeks rather than twice a week, and perhaps you’re better off deadlifting only once every two weeks.

Make this proven fifteen-point plan work for you by applying it with resolute dedication. Do it for a few years and then you’ll be so big, strong and impressive that you’ll make most people gape when they see you for the first time.

I wish a wise mentor had grabbed me by the scruff of my neck as a beginner, and *forced* me to follow nothing other than simple and abbreviated training programs, with the priority being to increase my exercise poundages while always using *impeccable* form. I wish that mentor had ensured I never wavered from the sure way.

Had this happened, I’d have developed a better and stronger physique by age 20 (after five years of training) than over 95% of drug-free bodybuilders the world over.

As it happened, I gave my absolute all to bodybuilding for five years, but had little to show for it. Application and

motivation are only part of the battle. Appropriate training instruction is essential. No amount of dedication and motivation (or food supplements) can make lousy training programs work.

If I'd had this imaginary mentor, and had he been an uncompromising dictator when it came to the use of *perfect exercise form and abbreviated routines*, and insistent on the need to keep adding a little iron to each big exercise every week or two, for year after year after year, I'd have made gains so consistently, and without injuries, that I'd have thought I was an easy gainer.

I'd have been adding a tad of iron every week or two *without any perceived increase in effort needed*, such would have been the gradual and intelligent nature of my progression. I'd have accumulated gains on an almost linear basis for year after year.

Having discovered *The Golden Fleece*, I'd have been scratching my head wondering why so many people had trouble developing bigger muscles.

All of this doesn't apply just to me, but to all hard gainers who want to build stronger and better physiques, though the specific interpretation of exercises, training volume and frequency, caloric and nutritional intake, sleep needs and rate of progress vary among individuals.

Live for the moment and don't harp on about what you should have been doing in former years. No matter how many mistakes you've made, no matter how much training time you've wasted, and no matter how much you wish you could turn the clock back, *what's done is done*. But stop repeating past mistakes, and stop letting people cheat you!

Today is the start of the rest of your life. You'll never be as young as you are now. There'll never be a better time than today to start getting your training-related life in perfect order. *So start today to get in charge of your physique!*

If you would like to learn more

This book provides just a summary of how to achieve your exercise-related goals. To learn a lot more *free of charge*, please visit www.hardgainer.com, where a great deal of valuable information and insight is available *gratis*.

For the full scoop on how to train, how to perform each exercise with perfect technique, and how to fully satisfy all the components of recovery, please see my books.

Cynics will say that I'm only promoting my own books here because I want to make money; but people who know my track record also understand that my focus has always been to promote sensible training methods free of the hoopla, drugs and baloney that blight the mainstream. To do this in the most complete way possible, I invested several years of my life to produce a set of interrelated books—there's a huge amount of material that needs to be covered in order to provide a thorough education. If you're interested in the books, please go to <http://www.hardgainer.com/mmm/>

To your training success,

A handwritten signature in black ink that reads "Stuart" with a small plus sign to the right. The signature is stylized and appears to be written with a marker or thick pen.

Stuart McRobert

cspublt@spidernet.com.cy

www.hardgainer.com

Learn from the costly experiences of those who've been through the mill of desperate frustration with conventional training advice. This book is not based on only one man's journey. **It's a distillation of the experiences and acquired wisdom of generations of people (but which have been largely hidden or ignored by the training mainstream).**

Please distribute this book FREELY, to spread a message that can help many people. Direct people to go to <http://www.hardgainer.com/sucks/> to download the book FREE. If you prefer to email an attached copy of this book, you may want to let the recipients know in advance of the 4-8 minutes downloading time.

*Stuart McRobert
CS Publishing Ltd.
P.O. Box 20390
CY-2151 Nicosia
Cyprus
cspubltd@spidernet.com.cy*

www.hardgainer.com

US office

*CS Publishing Ltd.
P.O. Box 1002
Connell, WA 99326
tel 509-234-0362
info@hardgainer.com*

www.hardgainer.com