



The Workouts: Personal Training Diaries

By Frank Zane

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When I published Mind Body Spirit the Personal Training Diaries in 1997 I had no idea that letting it go out of print would make it so valuable. Now out of print for several years, this book is listing for up to \$100 for a used copy on E Bay. Why does everyone seem to now want this book? I don't think it's because of the poetry - it's because of over 180 workouts, I did and recorded between age 14 and 60. All my best most memorable workouts, all arranged in order of difficulty. To my knowledge no one else has ever published this kind of stuff.

Even though these workouts occurred within a period ranging over 40 years, it makes an interesting training program. So I'm publishing the workouts and including a specific guide and calendar for an entire year of how to use them. Included are the workouts (they detail time, place, exercises, weights used and reps) and room to record your own training sessions and results.

If you are brave and like a challenge consider following the book page by page. You certainly won't get bored because it's a different workout every time you train. The calendar section marks the body parts worked and the specific days they are trained. Each of the four seasons has such a calendar at the beginning. This allows you to see where you are at in relation to your seasonal goals. The themes are winter maintenance, spring growth, summer intensity, autumn peaking and the training intensity is geared accordingly.

Here's where this book is valuable: You can pick a place to start based on what kind of shape you are in. Suppose you are starting at the beginning of the year a little out of shape. The workouts are easy and begin progressing in degree of difficulty and workload so that by the beginning of spring you are ready for more intense training. Near the end of spring are pre contest workouts which you can be ready for if you follow instructions. Summer bumps it up a notch with even more intense training, leading to a peak in early Autumn for competition (which is when I competed and was at my best). October section includes my posing routine (I give my 1979 Mr. Olympia posing routine names based on body position) all 20 poses I did in competition that year. After reaching a peak, workout focus changes and training sessions are from earlier times in my training career. These workouts are appropriate for maintenance training that is done in the winter.

I honestly have to say there is no other book like this. Such attention to details is what developing a great physique is all about. You could go through this book each year, log notes within your Kindle, and develop your own personal history of workouts to look back at.

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John Dussault:

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Martha Royal:

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