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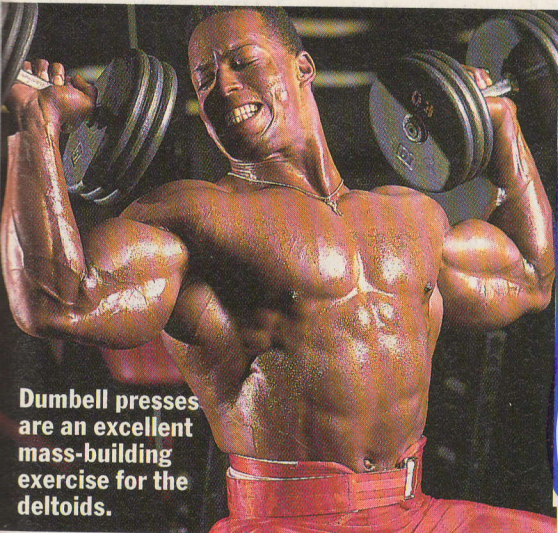


I have always had trouble developing my delts, especially the side and rear heads. You name it I've tried it – high reps/low reps, straight sets, supersets, trisets, drop sets, and pre-exhaust supersets – I've done just about every deltoid exercise in the book and my delts are still nowhere near as developed as my arms, pecs, traps or back muscles. Do you have any suggestions as to how I can bring up my delts? I want delts that are thick and round, and that make me look wider from the front and thicker from the side.

A

You may have tried a lot of delt exercises over the years, but unless I have the opportunity to watch you train I cannot ascertain whether your exercise form is good or bad. You may be doing a delt exercise but using your arms and traps to actually lift the weight.

Your delts may be getting zilch in the form of a good muscle pump. If I was able to speak to you personally I would ask you if you found it difficult or easy to pump your delts. If you find it hard to pump your delts it indicates poor exercise form, poor blood supply to the delts, or poor neuromuscular pathways. You also probably have poor nerve force, or what Charles Poliquin would call poor "neurological efficiency." In short, your genetics for deltoid development are probably not the best, so you've got to re-examine every aspect of your routine and how you perform your exercises.



Dumbbell presses are an excellent mass-building exercise for the delts.

I wouldn't give up on the pre-exhaust. However, I would use the technique in a different form. I would, for example, perform several sets of one-arm cable laterals for each delt with a moderate weight that allows about 15 reps per set. This will get some blood into the muscle and start the pre-exhaust process. I would then do three or four pre-exhaust trisets of dumbbell laterals (side raises), barbell or cable upright rows, and seated behind-the-neck presses using the Smith machine. This combination should really blow your shoulders all to hell. Finish off with three or four sets of lying one-arm dumbbell laterals for each delt. Do these lying on the floor. As soon as you finish your reps for one side, roll over and immediately start on the other side. Keep going back and forth until all your sets are completed.

Keep in mind that you can isolate the side head of the delt more by lowering the bell along the body (but not actually letting the bell touch your side). If you lower the bell slightly in front of the body and lift so the elbow is higher than the wrist and the little finger points down at the top, you work side head with some rear head involvement. If you lower the bell behind your body and lift it to an overhead position, you work mostly front head and some front head-side head tie-in. As for the rear heads, do them another day. Superset rear delt machine and the behind-the-back upright rows on the Smith machine (or using an EZ-curl bar) for your supersets. This can be done after back or even after a chest workout.

The important thing is to really concentrate on isolating your delts, not just on lifting the weight. Go by feel. Remember, your body is a feedback machine. It will tell you whether you are doing an exercise correctly or not. If you feel the side head burning as you do your delt

movements, then you can be assured that your delts are getting worked properly. If you feel the burn in the arms, traps or too much in the front head, then you know your form is off. Make the necessary adjustments until your side delts feel fried.

One last suggestion – do a deltoid saturation specialization routine for at least one to two weeks. Begin every workout with two pre-exhaust supersets of either machine, cable or dumbbell laterals, and machine, dumbbell or Smith-machine behind-the-neck presses. You still have your regular delt day every week but you start every workout – no matter what the bodypart – with your two pre-exhaust supersets. As I have suggested, you can do the supersets after you've finished working chest, but on back day, arm day and leg day, you start with your two pre-exhaust sets. This saturation of work forces a great deal of blood into the delts and also greatly improves the blood supply and neuromuscular pathways to the delts. Do this on a two-week-on/one-week-off cycle. Once your delts have begun to respond better, cut it back to one week on/one week off. Eventually cut it back to one week on/two weeks off. I guarantee this specialization will greatly improve the size and shape of your delts.



I have trouble performing laterals for my delts. Maybe it comes from trying to handle too much weight, I don't know. All I know is that whenever I do side raises my front delts and traps seem to get a lot of stimulation but my side delts get none. Hell, even my back and arms seem to get more work than my delts. What am I doing wrong?

A

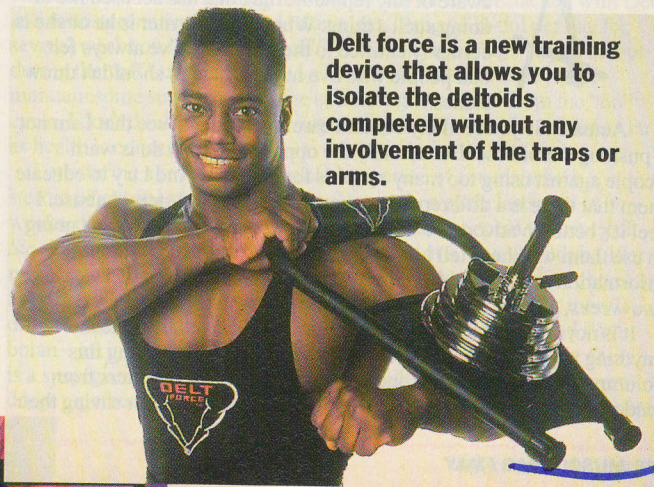
Read what I wrote about delt-training in the answer above.

Remember, you're working the delt muscles, not just lifting weights up and down. Reps mean nothing. Motion means nothing if it's not accompanied with tension and muscular stimulation. You're after deltoid isolation. When you do laterals – especially for the side head – always try to keep your palms and undersides of your forearms facing down throughout the movement. Keep the little finger

"This saturation of work forces a great deal of blood into the delts and also greatly improves the blood supply and neuromuscular pathways to the delts."

higher than the thumb, especially in the top position. The key thing is to keep the elbows pulled back in line with the shoulders, not the wrists. The wrists can be in front of the body in a "swan-dive" position, but they must be locked and the elbows must be pulled back in line with the shoulders. As you begin your lateral raise, arch your chest and drop your rear delts. Lift with delts only. Don't swing or throw the bells up. Squeeze for a second at the top of the movement, then lower under tension. Use a moderate weight – one you can control. Do the reps smoothly and with concentration.

If you can keep your elbows higher than your wrists as you lift the bells up, you'll go a long way towards isolating that important side head.



Delt force is a new training device that allows you to isolate the delts completely without any involvement of the traps or arms.



Also, lean forward 10 to 15 degrees as you do your laterals. Don't stay upright or lean back as the bells come up. Never let the thumb go higher than the little finger or you're just training front delts again. If you really want to learn how to do laterals I suggest you read Larry Scott's book *Loaded Guns*. Larry is undoubtedly the master of lateral movements, and if you follow his advice you will greatly improve your lifting style and your delt size.

Another option to training the side head of the delts is to use a brand new delt-training device called Delt Force. Delt Force is an incredible new training device that allows you to isolate the deltoids completely without any involvement of the traps or arms. It allows for much stricter form than using dumbbells or a cable. You may have seen ads for it in *Ironman* magazine.

One of the reasons why the deltoids are so hard to develop is that they are hard to pump (and to achieve a good pump you have to force a lot of blood into a muscle and keep it there). When using dumbbells and cables for laterals a lot of blood flow and energy is lost to the arm holding the weight. When you use a free weight there is also a lot of extra strain on the wrist and elbow. The Delt Force device works because it places the weight above your elbow joint but below the deltoid, so you eliminate the muscle drain and joint fatigue from holding dumbbells. Because you are working just one deltoid at a time, you can use 100 percent concentration and perfect form for maximum muscle fatigue, muscle burn and pump, maximum side-delt isolation, and of course maximum deltoid growth.

The unique development of the Delt Force training device gives your deltoids the full range of motion and freedom of movement to isolate and stimulate the absolute maximum of deltoid muscle fibers with the least amount of stress on the shoulder, elbow and wrist joints. The Delt Force is a new patented deltoid-isolating device that is currently being used by over 500 bodybuilders and many professional athletes including NBA, NFL and MLB players.

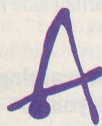
Darius Augustine, the inventor of the Delt Force training device, sent me a sample to try and I can assure you that it does the job of isolating the deltoids — especially that hard to develop side head (the one that gives the delts that nice cap and creates the extra width we all seek). I plan to do a full article on my experiments with the Delt Force contraption, but I thought I'd mention it here in my column for those bodybuilders who, because of trouble in isolating their deltoids or the dread of delt work and of joint problems, need help right now.

The nice thing about the Delt Force piece of equipment is that it's so simple to use and doesn't take a lot of weight to make those delts burn and pump. In fact, trying to use too much weight is often counter-productive to effective delt-training because there is a tendency to heave the weight up with the help of the traps and the arms instead of lifting with pure delt isolation. You can use the Delt Force device on its own or use it to pre-exhaust the delts prior to pressing movements with free weights. It works great either way.

If you cannot wait for my article on the Delt Force training equipment, you can order your own by calling 1-800-335-1524. Tell them you read about it in *Zulak Uncensored*.



I read in another mag that you are pushingroids that are killing people. What kind of sick asshole are you? Don't you care about the lives of other people?



I don't know what mag you are referring to. I am not aware of any reputable mag that has accused me of doing such a thing. Whoever the writer is he or she is certainly entitled to their opinion. I've always felt that people who live in glass houses shouldn't throw stones.

Actually, if you read my column carefully you will see that I am not pushing steroid use. But actually the opposite. What I do is warn people against using too many steroids for too long. And I try to educate them that there is a difference between steroid use and steroid abuse. I feel it's better to advocate a sane cycle of steroids for a guy who's going to use them whether I tell him to or not, than to leave him with no information at all. Would you rather I recommend 200 mg of Deca every two weeks, or have someone else tell the guy to take 200 mg a week?

It is not my intention to push anything but the truth. If it means anything to you, let me tell you this: Since I have been writing this column, I have received not one or two, but hundreds of letters from readers thanking me not just for saving them money, but for saving their

health. Always take what you read with a great deal of common sense. Ask yourself — is this writer trying to shock readers by making unfounded accusations? Is it a case of someone who themselves has done some shady roid deals trying to bring stress down to their readers by spreading lies? It happens you know. I stand by what I write. If you stay away from this or that product I do so because I honestly believe the product to be either dangerous or the result of a get-rich-quick scheme, either that or I reserve my judgement because I don't know enough to shoot my mouth off. If only the writer you speak of had enough education or honesty to do the same.

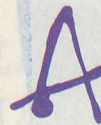
Often I use my own experiences as a guide and hope to inform you of the roid-crazy from using too much. I think many bodybuilders are taking far too much stuff. It comes down to a matter of education

"My monthly column tells you the truth about supplements, steroids, training, and scams."

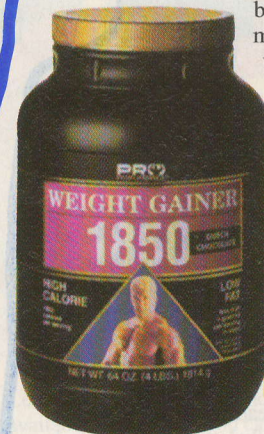
knowledge versus no education and ignorance. Just as giving kids sexual information about birth control, AIDS, and other sexually transmitted diseases does not increase sexual activity, giving accurate and honest information about steroids does not turn them into mad abusers.



What do you think about the new weight-gainer from GNC, Pro Performance Weight Gainer 1850. I am a very skinny guy who weighs only 140 pounds. I find it very difficult to put on any bodyweight. Will this product help me?



Yes, if you also eat enough food with the product. You cannot expect to just take Pro Performance Weight Gainer 1850 and put on 50 pounds of muscle in a few weeks. You are a natural ectomorph, meaning you have naturally thin limbs and a small rib cage. In order to gain bodyweight it is necessary for you to consume more calories than your body needs to maintain its current weight. I suggest you double your daily caloric intake and get twice the calories through food



"Pro Performance Weight Gainer 1850 is one of the best weight gainers on the market."

It would be tough, but if you eat half to two-thirds of those calories from the drinks it shouldn't be much of a problem.

Since each serving of Pro Performance 1850 contains 1850 calories, 75 grams of protein and large amounts of carbs, amino acids, vitamins and minerals, two such drinks a day will supply your body with 3700 calories and 150 grams of protein. If you can eat another 1000 calories of protein and another 1000 calories each day, the weight should climb. It is available at all GNC stores.

Follow a basic weight-training program. Use just one exercise for each major muscle group for three sets each. Train every other day and rest the second day off after the third workout. If you are an advanced