JUST WHAT is The Ideal Workout?
At this point the answer to that question is still not clear even to me, not even after 20 years of keen interest, involvement and research on my part, but at least this much is clear; we are now a great deal closer to the answer than we were as recently as a year ago...at least that's some progress.

As in other fields of study it takes years to reach a certain level of knowledge, and so it is in the ever-growing field of weight training. But now a breakthrough in bodybuilding is in sight. Completely new principles are now being introduced that may revolutionize physical training of all kinds.

But at the moment we still don't know exactly the best method for employing these principles to advantage. For this reason I cannot tell you precisely how to incorporate them into your own training now, or how to get similar, if not just as fast results by adapting your present training to these principles as outlined here.

I will try, however, to tell you what we have discovered up to this point, and I will tell you what the Ideal Workout looks like at this time. To some degree you can adopt this workout even now by substituting certain exercises for some of those not available to you at this time. But first I will lay down the ground rules emphasizing the points that are considered of the greatest importance when searching for an ideal training routine.

We were (and are) always interested in the fastest possible progress in muscular bulk, strength, endurance and condition, but not necessarily in that order. Secondly, we wanted to discover the methods required for building maximum muscular size, and the greatest possible strength. Thirdly, I want it clearly understood that our interest was limited strictly to methods involving

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<tr>
<th>The Ideal Training Routine</th>
<th>1st cycle</th>
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<tr>
<td>MONDAY AND WEDNESDAY</td>
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<td>1. Full squat</td>
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<td>4. Lat-machine, bicep-shoulder type</td>
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<td>5. Regular chin</td>
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<td>6. Parallel dips</td>
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<td>7. Pectoral machine, low type</td>
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<td>3. Triceps machine</td>
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<td>11. Wrist curl (see note below)</td>
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<td>12. Calf raise</td>
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<tr>
<td>13. Stiff-legged deadlift</td>
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<td>14. Grip machine</td>
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<tr>
<td>TOTAL TIME FOR WORKOUT</td>
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NOTE—Wrist curls do two cycles of four sets each, as fast as possible—one set each of regular wrist curls, reverse wrist curls, front wrist curls, and rear wrist curls, in that order, in each cycle.

Excercising must be done rapidly enough to bring the trainee to a state of maximum breathlessness, the pullovers (dumbbells or the lat-machine movement) should be done immediately thereafter without a rest between exercises.

FRIDAY ONLY:

1. Full squat 3 10/8/6 .15
2. Lat-machine, pullover type 2 10/8 .08
4. Lat-machine, rowing type 2 10/8 .08
5. Lat-machine, behind-neck type 2 10/8 .08
6. Pectoral machine, high type 2 10/8 .08
7. Standing barbell curls 2 10/8 .08
8. Triceps-pulley curls 2 15/12 .06
9. Wrist curls (see note) 8 15 .04
10. Calf raise 3 20 .06
11. Stiff-legged deadlift 1 15 .04
12. Grip machine 2 20 .04

TOTAL SETS IN WORKOUT 32
TOTAL TIME FOR WORKOUT 1:35
TOTAL WEEKLY SETS 90
TOTAL WEEKLY WORKOUT TIME 4:15

General instructions: With the exception of squats—as noted above—each set of exercise must be an all-out, maximum effort, stopping only when all the repetitions have been performed, and as many partial reps as possible, plus a prolonged 100% effort against an unmovable resistance.
## WORKOUT

By Arthur Jones

### The Suggested Training Routine

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<tr>
<th>Time</th>
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While such a routine will not include "exactly similar" exercises, they will, in general, be done enough to give any good results. In place of the use of special equipment, we will introduce a new method of training called "the ideal training routine." This method will be the same as the one previously described in "the ideal training routine" involving the use of special equipment.

### FRIDAY ONLY:

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<th>Time</th>
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What will this routine do for an average trainer? For a number of them, nothing, because they have been so brain-washed about "super workouts" that they don't recognize a good routine when they see one, and therefore won't try it. But for any that will follow it properly, it will literally do wonders—more than any other program you could possibly devise using normally available training.

Only the physical science of the normal biological science without the slightest interest in the results of bodybuilding are concerned with drugs. This, perhaps, may sound a bit smug, but it is extremely happy to state without any reservation that all the results we have obtained up to now prove that drugs of any sort are not required in bodybuilding, and in some cases drugs of this type can even retard normal progress... which is something to think about.

However, back to the subject of trying to find theIdeal Workout program. Certain things are obviously necessary requirements such as "hoped-for possibilities," as was "wishful thinking." But for all this we achieved a degree of success that was far beyond our wildest expectations and even exceeding our fondest hopes. We hoped and looked for a short, rather simple, method that would give results faster or at least as good as those obtained through the use of the older, proven methods of training. We have now exceeded those initial goals so that we can now look back and laugh at our earlier cautious hopes. But true as it may seem we have not yet discovered anything that could possibly be described as "easy." Perhaps that is natural enough since we did not look in that direction but sought the kind of movements that would produce results when they were employed vigorously.

Some years ago when John Grimek was asked about the secret of his bodybuilding success, he quickly replied: "Hard work." And that answer is as true today as it was 30 years ago. Muscles have to be worked and exercised harder to make them respond, but today with our new machine they can be worked harder but with less fatigue. I know this to be a fact as I have always been a strong advocate of workouts strictly limited (Continued on page 54)
and therefore must be provided by the diet.

Energel contains lecithin which is part of every cell of the body. As we mentioned before, your brain is almost 30% lecithin. How can we ever measure such tremen-
dous value? Our brain controls all that we are in size, strength, energy, intelli-
gence, memory and morality so how can we measure the value of a product that contains a large amount of lecithin which in turn constitutes such an important part of man.

Energel is rich in the vital properties of the three oils—soygerm oil, wheat germ oil and rice germ oil. As I wrote this article I cannot help but think of the story of Dr. Erssof’s rats. Years ago many of his experimental demonstrations caused him to believe that there was something in desiccated liver which caused it to re-
lease vast amounts of energy. He conduct-
ed experiments with three groups of 12 laboratory animals. To test these assum-
dances for endurance he had them swim in a tub of water so that the rats could not climb out. They had to keep swimming or drown.

The first group of rats had a good diet which included 11 vitamins. These rats swam an average of 13.5 minutes before they had to be taken out of the water. Dr. Erssof had heard a lot about the food value of breyer’s yeast so he added 10% of breyer’s yeast to another group of 12 rats and subjected them to the same test. They swam longer—18.4 minutes. He took the first diet and added 10% of desic-
cated liver and fed it to a third group of rats and was astounded at the great in-
crease in endurance they showed. Nine of the group of rats were still swimming strongly after two hours when the experi-
ment was terminated.

It is quite possible that an equal or su-
perior result would be obtained if 10% of Energel had been added to the diet. Dr. Chen reported similar experiments where rats ran 12 hours on a wheel with seemingly entire lack of fatigue when soygerm oil was added to their diets.

We have written considerable about the improved strength, energy and endurance of users of Energel, isn’t it reasonable to believe when so many people report the unusual amount of endurance they pos-
sess as they take Energel that there must be still some unidentified substances in Energel to cause it to perform so sensa-
tionally?

The Ideal Workout

(Continued from page 41)

I will quote from an article, UNIDENT-
IFIED SUBSTANCES, which is part of the Department of Agriculture’s book Food. This article is written by George M. Briggs, Executive Secretary of the Biochemistry Committee, National Insti-
tute of Education and Welfare. “The discovery of vitamin B 12 in 1948 is an example of how unidentified factors become known and identified. Many researchers were searching for an anti-pernicious anemia factor in the year prior to 1948. Finally in 1948, the researchers were successful and the new compound was named vita-
min B 12.

Another example of a recently dis-
covered nutrient is selenium, a trace min-
eral. It was an unidentified factor until 1957 when scientists discovered that com-
ounds containing selenium had important nutritional properties in feed given to rats, pigs, chicken, turkey and mice. This may have prevented liver damage and death in laboratory animals fed special diets low in vitamin E and cystine.

“Nobody can say how many nutritional factors remain unknown or how soon they will be discovered. The grass juice factor is a good example of how long studies on unidentified factors often take. It takes particularly devoted scientists to stick to a problem that goes on for 20 years with-
out a final answer. The curiosity of a nu-
tritionalist is unlimited and he will go to any extreme to discover new facts.

“No predictions can be made at this stage of research as to the actual impor-
tance of the factors in animal and human nutrition. It is possible to make good use of many of these substances even before they are identified.”

Twenty years study and research is a long time, fortunately, as Mr. Briggs stated, we can make good use of the un-
identified substances in nutrition before they are discovered. We feel sure that there are unidentified factors in Energel which are important in producing the energy that results for you use this high quality product for greater strength, en-
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in so far as length and frequency were

concerned—and still am. I was pleased, of course, that these new methods pro-
vided additional weight for my argument. However, make no mistake about one thing. I am not permitting my personal beliefs to lead me into giving support to any ideas that are not clearly demon-
strable. For example, some of the things revealed to you here were clear to me more than 20 years ago, but at that time they were not a proven fact, so I kept them to myself. Likewise, many of my ideas of 20 years ago (or even as little as a few weeks ago) have been proved wrong, either by myself or by others, and when this hap-

ens, as it frequently does, I am quick to change my thinking and admit any pre-
vious errors.

As will be stated, in theory at least, that the best possible gains can result from doing only one set of each exercise in a workout, yet in an actual workout this is almost impossible, mainly because it is difficult to work a “cold muscle” as vigorously as it should be worked to rea-
ize maximum benefits. While both the theore-
tical and the practical aspects of this problem remains true, we have dis-
covered a way to get around the practical limitations in such a way as to take ad-
vantage of the theoretical possibilities,
A YORK EXCLUSIVE!

BH KNEE AND WAIST BANDS
BH Knee and Waist Bands are constructed from a completely new and different material, a product of modern technology. It is a quarter inch rubber-like material that is soft, tough, comfortable to wear, and is specially designed to provide support, heat, and massage while you train. This exclusive material clings to the skin so that it does not come loose or slide down.

BH WAIST BAND
BH Waist Band is a multi-purpose band as it provides support, prevents injuries, helps heal old injuries by its heat and massage effect, and is a great waist trimmer and slimmer. It will benefit weightlifter, bodybuilders, athletes, physical laborers, office workers, businessmen, businessmen, housewives, and athletes in sports or have back trouble or are overweight.

Support: The BH Waist Band supports the abdomen, and lower back, improving posture and appearance immediately. Weightlifters, athletes, and bodybuilders find it a valuable aid when training because of the support and warmth it provides. Lower Back Aches And Pains: The special type of material used in the BH Waist Band helps retain body heat once it has been generated from within. The BH Waist Band may be of great aid to those who suffer from aches and pains of the lower back because of the heat and massage effect. Trimming and toning the Waist Area: Wearing the BH Waist Band while exercising causes profuse perspiration in the area it covers. Best Results for trimming or toning is obtained when worn while performing waist exercises.

BH WAIST BAND...$8.95
Combination, knee bands and waist band...

$14.95

HOW TO ORDER YOUR BH KNEE AND WAIST BANDS
When ordering please give exact body measurements of your A, B, and C—for waist bands and D, E, and F—for knee bands—as indicated by the dotted lines in the photo. Also include height and bodyweight. Measurement E should be right over the kneecap. Measurements D and F should be taken 4” above and below E measurement.

Hair: 40% Off on Ultimate Price

Order from:
Robert Hoffman, Box 1707, York, Pa. 17403

YORK BARBELL COMPANY • YORK, PA.

Year's Health Shoes

York was the first to put iron weighted shoes on the market in America. These shoes are strapped on the feet like roller skates, and numerous exercises can thus be done for the legs, just as exercises are done with the arms with dumbbells in the hands. The use of York Health Shoes will put spring in your step and shape the legs as no other exercise can. They are made in both iron and aluminum in several sizes for both men and women. Instruction Course included.

Prices per pair:

- Ladies' iron...$5.50
- Men's iron...$6.00
- Ladies' aluminum...$7.00
- Men's aluminum...$7.50

HERCULES CABLE SETS
The Portable Muscle Builders

STRIP TYPE, NATURAL RUBBER
These natural rubber cables will stretch 21/4 times their own length and will last for years. Can be carried in pocket and used wherever you go. Train in your own room and surprise friends with bigger, shapelier muscles.

This strip set is exclusive York design—you cannot get them anywhere else. Set has four flat strands, handles and course of training.

Complete set ............... $5.95

A cable set is light and compact. Cables are the portable muscle builders!

ROUND STRAND TYPE, NATURAL RUBBER
These are the famous York round, fabric-covered, rubber cables. Have been used by bodybuilders for 33 years. Each cable has clip fitting which fastens to the handles—change cables quickly for progressive exercise. Handles and complete course with each set.

Heavy 5-cable set ............... $5.50
World's strongest 5-cable set .... 6.00

FLAT BAND TYPE, NATURAL RUBBER
Set has four wide flat bands each made in a different degree of strength. No. 1 is for beginners. Develop strength and use No. 2, Nos. 3 and 4 build extra heavy muscles. Handles and course are included.

Set with bands Nos. 1 & 2 .............. $6.00
Set with bands Nos. 1, 2, 3 & 4 ........ 10.00
Extra handles $1.50 per pair.
Extra bands: No. 1, 2.00; No. 2, 2.25; No. 3, No. 2.50; No. 4, 2.75 ea.

STEEL SPRING TYPE
Powerful chrome-plated steel springs, made to last a lifetime. Even tension all the way, favored by many bodybuilders. Each cable has clip fitting and can be changed quickly for progressive training. Handles and complete cable course included.

Extra heavy 5-spring set ............. $6.00

and as fully as possible. However, in order to do so you must arrange your training schedule so that the arms are not strongly involved, otherwise they tire before the legs do. Our machine almost eliminates any arm work from the last movements, and without such special equipment it’s hard to reach an ideal situation, yet you can come close if you approach the problem correctly. But in some ways it won’t do as much, or at least as quickly as the special equipment will do, and this is because the selected exercises, which are excellent, will not work all the adjacent muscles as fully as this new machine does. But training regularly and with great vigor, using the routine given here, should improve your general over-all appearance, and should make a new man out of you!

Broken down on a weekly basis, the three workouts give the following totals of sets—in the categories listed below:

HEAVY SETS
Squat 41
Lar-machine, pullover type 6
Lar-machine, rowing type 6
Lar-machine, behind-neck type 4
Pectoral machine, low type 2
Pectoral machine, high type 2
Barbell curls 2
Curling Machine 4
Pressing machine 4
Bench press 4
Still-legged dead lift 3

MEDIUM SETS
Regular chin 10
Parallel dip 2
Triceps machine 4
Triceps pulley curl 2

LIGHT SETS
Calf raise 59
Wrist curl 24
Grip machine 6

Poison or Power Foods
(Continued from page 29)

food value, except energy, and even that doesn’t last or prove helpful. This explains why millions upon millions feel old at 40, lack substantial vigor and look older than their age. It’s because they never fed their body cells, cells that need power foods to rebuild, replenish and multiply themselves, and you can’t do this with French fries, coffee, doughnuts, soft drinks, etc. You need rich, nourishing food.

The funny thing is, if you try to enlighten these people they look upon you as some kind of a “nut,” a food faddist, diet crank or what have you. But the truth is, all the various kinds of diseases that afflict mankind don’t just happen; they are CAUSED, and usually from wrong eating habits and eating the wrong foods. Moreover, most people are not content with stuffing themselves on “poison, useless foods” but they add to their woes by gobbling it down, making their stomachs do what their teeth should have done. On top of that they ingest inh操作系统 mixtures, and these combinations cause additional distress; sour or acid stomach,