



The Workouts: Personal Training Diaries

By Frank Zane

Download now

Read Online →

The Workouts: Personal Training Diaries By Frank Zane

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.

 [Download The Workouts: Personal Training Diaries ...pdf](#)

 [Read Online The Workouts: Personal Training Diaries ...pdf](#)

The Workouts: Personal Training Diaries

By Frank Zane

The Workouts: Personal Training Diaries By Frank Zane

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.

The Workouts: Personal Training Diaries By Frank Zane Bibliography

- Sales Rank: #168146 in eBooks
- Published on: 2012-06-13
- Released on: 2012-06-13
- Format: Kindle eBook

 **Download** [The Workouts: Personal Training Diaries ...pdf](#)

 **Read Online** [The Workouts: Personal Training Diaries ...pdf](#)

Editorial Review

Users Review

From reader reviews:

Charlotte Kuester:

Nowadays reading books are more than want or need but also work as a life style. This reading habit give you lot of advantages. The benefits you got of course the knowledge the rest of the information inside the book that will improve your knowledge and information. The information you get based on what kind of publication you read, if you want attract knowledge just go with knowledge books but if you want truly feel happy read one using theme for entertaining such as comic or novel. Often the The Workouts: Personal Training Diaries is kind of e-book which is giving the reader unforeseen experience.

Pamela Bradley:

This book untitled The Workouts: Personal Training Diaries to be one of several books in which best seller in this year, this is because when you read this guide you can get a lot of benefit upon it. You will easily to buy this particular book in the book retail outlet or you can order it via online. The publisher of this book sells the e-book too. It makes you more readily to read this book, because you can read this book in your Cell phone. So there is no reason for you to past this publication from your list.

Ray Ellis:

The book The Workouts: Personal Training Diaries has a lot of knowledge on it. So when you make sure to read this book you can get a lot of advantage. The book was published by the very famous author. Mcdougal makes some research before write this book. That book very easy to read you will get the point easily after perusing this book.

Rachel Haley:

Many people spending their time frame by playing outside together with friends, fun activity having family or just watching TV 24 hours a day. You can have new activity to spend your whole day by reading through a book. Ugh, you think reading a book can actually hard because you have to accept the book everywhere? It okay you can have the e-book, bringing everywhere you want in your Touch screen phone. Like The Workouts: Personal Training Diaries which is getting the e-book version. So , why not try out this book? Let's find.

Download and Read Online The Workouts: Personal Training Diaries By Frank Zane #FOY03ICT47A

Read The Workouts: Personal Training Diaries By Frank Zane for online ebook

The Workouts: Personal Training Diaries By Frank Zane Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Workouts: Personal Training Diaries By Frank Zane books to read online.

Online The Workouts: Personal Training Diaries By Frank Zane ebook PDF download

The Workouts: Personal Training Diaries By Frank Zane Doc

The Workouts: Personal Training Diaries By Frank Zane Mobipocket

The Workouts: Personal Training Diaries By Frank Zane EPub