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# Jeff King

*The Consuming Intensity of Competition*

**By Dennis B. Weis**

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**T**he epic of Jeff King, the Hardcore contest winning bodybuilder initially began at 5 years of age. It was during that time that Jeff overheard a conversation between a medical doctor and his mother in which the doctor said matter-of-factly "Jeff is very small for his age and doesn't have any muscle."

This comment was the spark or catalyst that began to ignite an inborn desire within Jeff to search inquest of Size and Strength. As much as these words were a guiding force in the direction of size and strength it wasn't until 9 years later at the age of 14 that he took upon himself that daring and bold initiative to Follow a Daily Program of Weight Training to build up his Size and Strength and Well-Being.

If you could have seen Jeff at this stage in his life you might have well determined that he certainly wasn't born with any special physical traits which would cause him to stand out among others of his age. Evidence the fact that he only weighed 100 lbs. He was certainly not a very likely candidate for a future Mr. America or the Mr. Universe title by any stretch of the imagination.

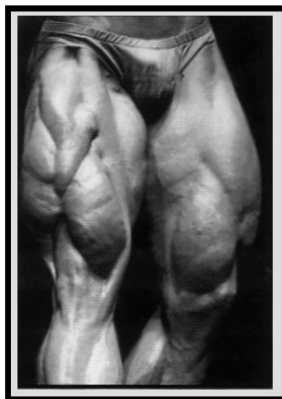
A description or motto of Jeff's attitude toward his training at this time might well have been "The Perfect Victory is to Triumph over Oneself."

He entered his first physique contest in 1979 and placed first in the Teenage Mr. New Jersey. Then in 1980 he won his height class in the Teenage Mr. America and the Teenage USA. During 1982 he won the AAU Collegiate Mr. America. Then, of course many of you will remember Jeff's Meteoric rise as a top bodybuilder competitor in 1982 when he Won the Mr. Eastern USA, then the 1983 AAU Mr. America and then two weeks later he won the NABBA Mr. Universe (regarded for years as the ultimate International Bodybuilding contest) while weighing in at rock-hewn 220 lbs. All of these title winning efforts in 1983 were accomplished at the age of 22.

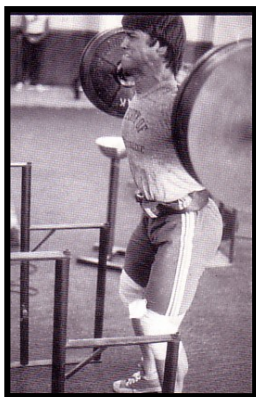
**O**ne of the major complaints I hear from some bodybuilders (I am not speaking of those on the national level in competition) is that of not having more time to train or that they have a job that is too physically demanding.

I mentioned the subject to Jeff and he told me that prior to entering and winning the Mr. America, he was working at two jobs while carrying a full academic load in his final year of college where he was acquiring a degree in Exercise Physiology. Yet here he was making Maximum gains because he didn't really consider these conditions a problem in his quest for a top title. He obviously had the desire and willingness to work through these seemingly stressed situations.

Jeff has been training for approximately 9 years and to compare the initial progress he has made from age 14 and up to the present time is Astonishing. For example in his first 3 years of 'pumping iron' he gained 35 lbs. of muscular bodyweight and his weight training program did not include any leg work what-so-ever.



Now up to this time bodyweight gains had been steady but during his seventeenth year he began to encounter some plateau's or sticking points where his bodyweight did not increase. It was during this time that he was to become aware of the paramount importance of leg training. He learned that applied High Intensity leg training not only promoted Size and Strength in the lower torso but could also increase the strength and growth potential in the upper body by as much as fifteen percent.



There have been cited study cases in which some bodybuilders have increased their upper arm measurement alone by one-inch, simply by including high intensity leg work in their exercise routine. Jeff became a reassuring example of the merits of high intensity leg work as he gained over 40 lbs. of muscle on his body in a period of 8 to 9 months. This is an Incredible gain factor of approximately 1 lb. of muscle a week and well within the accepted guidelines of added muscle bodyweight but without any appreciable intercellular bodyfat increases.

Jeff's bodyweight was 175 lbs. at 18 years of age. This is an increase in muscular bodyweight of seventy-five percent after just four years of training. Amazingly weight gains from that time and up to the age of 23 have been just as steady as he now will weigh as much as 245 lbs. when he is not in training for an important physique competition. Jeff most definitely could be termed as 'easy gainer' due to the fact that continued bodybuilding results were evident in very brief periods of time.

Success like this suggests to me that Jeff's training procedures are a perfect blend of dedication, hard work and scientific know how but more than this he seems to have the gift of great genetic potential and obviously uses it to its fullest capacity.

**asked** Jeff about the importance of genetics and while he didn't down play its importance as a contributing factor to bodybuilding success, he did comment on the fact that there are hundreds of individuals around who have the genetic potential to become a top title winner But lack other important qualities such as consistence, persistence and patience to ever achieve such a goal.

To this end he gives a lot of credit to his parents for serving as role models in helping him to become a disciplined and consistent person in this respect.



As I reflected back upon all the Tremendous accomplishments Jeff has achieved in competitive bodybuilding by the age of 22, I was naturally curious if he had any other horizons in this that he wished to explore and conquer.

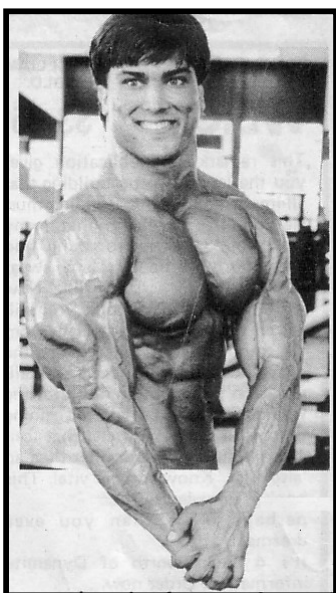
He said that he would like to turn "Pro" in late 1985 and as a result he will be entering the men's professional division of WABBA Pro & Amateur Mr. & Miss World competition in Worcester, Mass. on the weekend of November 9th and 10th.

This physique contest promises to become one of the greatest promotions ever and only those men and women who have won major physique titles have been invited to compete. As I mentioned earlier, Jeff's training procedures are a blend of dedication, hard work and scientific know how and so appropriately we should begin to key in on his training as it applies to an important contest such as the Pro Mr. World.

The workout program that Jeff uses in training for a major title is designed to Maximize muscular mass while securing the ultimate in "Cuts" and "Separation" in his physique. It is only natural that such training impose stresses on the body which create conditions of Overtraining and Burnout on certain exercises.

Realizing that most bodybuilders are not immune to these types of conditions I was naturally curious if Jeff had experienced these problems and what negative effects they might have had on his training.

I asked him about this and he said that he does experience the actual state of Overtraining, especially before an important contest. He realizes that muscle growth does not come from overtraining but rather its purpose is to bring out maximum muscular detail and diamond hard cuts.



Regarding the condition of Burnout on certain select exercises, Jeff said that he had experienced this problem through not necessarily from exercise itself. He tends to feel that this condition is more of a Mental Attitude where boredom sets in due to the repeated performance of an exercise every other day for numerous amounts of sets and reps.

It is during these times when his excitement or mental psyche arousal levels are low and Jeff will begin to cut back somewhat on his sets and reps and begin to execute Ultra-Strict exercise from.

He went on to say that a lot of muscle contraction strength is due to improved muscle enervation (Mind, Muscle and Nerve Impulse). If you become bored your neurological efficiency flow is not going to be one-hundred percent efficient. So in this respect, Jeff applies his working knowledge of anatomy, kinesiology and super nutrition to overcome this problem and develop a harmonious and synchronized link between the Mind and Body.

Other methods that Jeff will employ from time to time to reduce burnout in his training regime is by injecting a variety of training principles such as Super Sets, Heavy Cheating Movements, Forced Reps and Giant Sets (which he feels is excellent just before a contest). He said that these training principles are only tools and should be applied with a knowledgeable purpose.

While the topic of information at this point seems to be centering around training adaptability as it applies to Jeff's workout schedule, I think it's appropriate to outline the general training plan he has set forth in his preparation for the WABBA Pro. Mr. World competition.

**J**eff has Total Confidence in the eventual outcome of his training program but only as it compliments a sound Nutritional Program. Years ago Jeff followed a Low Carb/High Protein starvation diet. His beliefs on nutrition have changed dramatically during the past four years.

Now he tends to utilize a diet plan year around which is high in Complex Carbohydrates (65% of daily caloric intake), moderate Complete Proteins (25% of daily caloric intake. This is approximately 150 to 200 grams) and low Unsaturated Fats (10-15%).

Some individuals may question the fact of whether 150-200 grams of protein is moderate and might even assume this would be quite high. For Jeff's particular nutritional needs a 150-200 grams of protein per day is just a little over 3/4 of a gram per pound of bodyweight (245-250lbs. when he is not training for an up coming contest) and does increase to almost a gram of protein per pound of bodyweight (220 lbs.) when he is razor sharp at contest time.

Jeff realizes that cooking certain protein foods will cause a loss in its nutritional value, so to insure that his utilizing at least 65% of his daily requirements, he takes in the grams mentioned.

His basic food staples in his year round nutritional plan includes, Chicken, Nuts, Wheat Germ Oils (Fat intake will come from these 3 food types) Fish, Egg Whites, some Red Meats, Cereals, Grains and Breads. Supplements in the form of Vitamins and Minerals are necessary to Jeff's nutritional program.

Due to the decreased levels of these substances in the body, especially after a High Intensity Workout, Jeff feels that it is a good idea to take in some good high quality vitamins and minerals to insure that his body is obtaining at least the daily minimum requirements of these substances if not more.

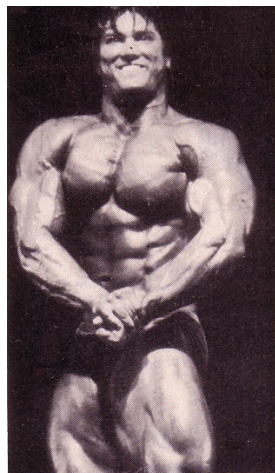
His personal 'daily' Vitamin & Mineral supplements include: Super Spectrum products (marketed by Dr. Carlin C. Venus) which Jeff feels is one of the best supplements presently available which offers 12 hours 'time release' factor and is cold pressed. Other formulas that are taken on a daily basis (as separate from the brand above) are calcium and the B complex 'fat burners' of choline and inositol taken in a chelated form.

At this point in the article I have not mentioned any major differences in the adaptation of training and nutritional procedures that Jeff might apply to Pre-Contest training as opposed to what might be termed the Off Season. For Jeff there is really No Off Season, due to the fact that he makes his living from the sport of bodybuilding itself. He is constantly in demand for seminars and posing exhibitions, plus he is a consultant on training, nutrition and health fitness.

Indeed, while there is no Off Season for Jeff, he would be the first to tell you that he certainly doesn't have a monopoly on contest peaking insights and as a result he will (as

he has for past national and international titles) be making some slight but important changes in his training and nutrition for the upcoming WABBA Pro. Mr. World.

Four months prior to this upcoming contest he will begin initiating these changes. **First and foremost** he will begin to become more mentally aware of his workouts. To explain this in a little more detail, Jeff may appear to be doing his exercises the same way as before but you soon realize that he is doing something extra, you can't exactly describe it but what it basically comes down to is a new mental drive, where he is subconsciously telling himself that this is the contest he is going to win, there will be no bad workouts!!



**Secondly**, Jeff will begin to gradually step up the Intensity and Duration of his workouts, week by week. For example he will begin to cycle his rest periods between sets.

Some days he will only rest 30 seconds between sets on all bodyparts (this does decrease the exercise poundage's, but the intensity remains extremely high due to the most amount of Effort expended per set and in the briefest amount of time etc.) and then at other times he will follow point 5, (listed under

The Technical Aspects of Jeff Kings Training Routine). Other training variations that he will employ will include the use of Giant Sets, Super Sets and even some Forced Reps.

**Thirdly**, and most probably the Key to Jeff's Pre-Contest preparation is his Diet. The main change here is in his daily carb consumption. If for example he feels that he is not cutting up quickly enough, he will decrease his carb intake somewhat. Likewise, if he desires increased muscle mass, he simply ups his carbs. Jeff realizes the extreme importance of obtaining enough carbohydrates to maintain his muscle mass and with this thought in mind he will divide up his 'daily' carbs in a ratio of 60% Complex and 40% Simple.

This adequately supplies the fast energy needed for his high intensity anaerobic workouts. As contest time nears, Jeff will decrease his fat consumption to zero. While I was talking to Jeff about the importance of diet, he shared with me an interesting experience he had when he was training for the '83 Mr. America contest.



He said there was a period of time where he was Losing an astonishing 2 pounds of bodyfat a week during which he was consuming 2800 to 3200 calories per day.

This would certainly have to qualify as being an absolute feast to a competing bodybuilder those final weeks before the contest, and that he has a medium to fast metabolism.

As the final weeks before the WABBA Pr. Mr. World nears, Jeff will begin to select some poses and put together a posing routine that will compliment his contest condition. He will spend 20 minutes to as much as 1-1/4 hour, a day on his posing criteria. This special attention to Posing does not happen by chance.

When Jeff was 17 years old, Bob Gruskin began to influence him regarding the importance of creating a good image and being very professional in his appearance on the posing dias. Jeff feels that if it wasn't for Bob's knowledge of bodybuilding professionalism, he (Jeff) wouldn't be at the advanced 'level' in competitive bodybuilding that he is today!!!

There days prior to the contest Jeff will cease all workouts to allow for the removal of lactic acid wastes out of the muscle (if lactic acid is not removed it can cause fluid retention and hide...that hard won 'ripped' look).

To assure that he will hold his contest condition, Jeff will be taking his own foods (5-6 lbs. of chicken, boiled potatoes, fruit and salt free tuna) with him on his trip to Worcester, Mass.



Jeff definitely believes in Pumping Up before posing. Depending upon equipment available he will perform sets of 20 reps in pushups and pullups. Along with this he will do some dumbbell lateral raises and flat flyes etc.

This will create a transitory hypertrophy and is a pump (resultant from blood flow and edema in the muscle). This is important to a competitor prior to posing. I will mention here that he Never pumps up his legs!!! There you have it, Jeff King's

Championship training plan for the Mr. World. Earlier in this article I mentioned Jeff's Leg Training Manual. For those of you who would like to acquire the optimum in mass, cuts and symmetry, you can from time to time find it listed in the bodybuilding section of eBay.com.

## Technical Aspects of Jeff King's Training Routine

**1.** Presently is using the PUSH-PULL system.

**2.** Exercise Frequency:

Day 1 - Chest, Delts and Triceps.

Day 2 - Thighs and Calves.

Day 3 - Lats, Lower Back, Biceps

Day 4 - REST

Day 5 - Same as Day 1.

Day 6 - Same as Day 2.

Day 7 - Same as Day 3.

Day 8 - REST

Day 9 - REST

Repeat EXERCISE FREQUENCY beginning with Day 1 and through Day 9. Simply stated this is a 3 On 1 Off, 3 On 2 Off workout schedule.

**3.** Each exercise is performed for 3-4 sets (with the exception of Deadlifts on Day 3). The repetitions are 8-10 (with the exception being the Calves on Day 2, where reps of 12-15 are employed and of course the Abs where the reps have already been explained).

Jeff says that this repetition scheme is SUPERIOR for maximum MUSCLE HYPERTROPHY, at least in his case anyway.

**4.** Trains INSTINCTIVE, "Light" or "Heavy" but usually heave (going to FAILURE on each set, except during those times that he is waiting for an INJURY to heal) for STRENGTH as it definitely compliments increase MUSCLE MASS.

**5.** Rest a minute to a minute and a half between sets, on the larger bodyparts and 45 to 50 seconds on the smaller bodyparts. THE TRAINING TEMPO IS GUAGED BY THE USE OF A CLOCK generally, but Jeff does alter his training tempo somewhat during those times when he needs a TRAINING PARTNER to help him with some FORCED REPS etc. Daily workouts last anywhere from 1 to 2 hours.

**6.** Sticks to BASIC EXERCISES.

**7.** If SPECIALIZATION on bodypart is required, no extra time is set aside but rather the muscle receives PRIORITY STATUS by being worked at the beginning of the workout. SPECIALIZATION is usually done before the contest preparation period (16 weeks prior).



<b>Bodypart</b>	<b>Developed By</b>	<b>Segment of Bodypart Worked</b>		
Chest:	Incline Bench Press Decline Flyes Pullovers	Clavicular & Upper Pecs Low Pec Line General Pec/Serratus Magnus	DAY NO. 1	
Delts:	Barbell Upright Rows D.B. Lateral Raise Bentover Cable Laterals	Lateral/Posterior delts Specific for delt width illusion Works posterior delt when upper torso is bent at 90°		
Triceps:	Lying French Press Seated French Press Tricep Pushdowns	Outer tricep head Same as above Low tricep head		
Thighs:	Front Squats * Ducks on Leg Press Hack Squats Leg Extension  Leg Curls	Middle head of quad  Low aspect of quad Middle head of quad, good for maximum separation Works various aspects of the hamstring, depending upon the positioning of upper body.	DAY NO. 2	
Calves:	Standing Calf Raise (on standing calf mach.) Toe Presses (on vertical leg press) Seated Calf Raise	Middle segment of gastrocnemius High aspect of calf  Lower segment (soleus)		
<p>* Ducks on the Leg Press machine is a unique exercise which is described in detail in Jeff's LEG TRAINING MANUAL. This book also describes his specialized training techniques for acquiring MUSCLE MASS and as well HOW TO TRAIN FOR THE ULTIMATE CUTS AND SEPERATION.</p>				
Lats & Lower Back:	Long Pulley Cable Rows Strict Prone Barbell Rows Pulldowns (back/front) Deadlifts Hyperextensions	Mid portion of lat Same as above  Spinae Erectors Same as above	DAY NO. 3	
<p>The prone barbell row is done on a 'special' adapted rowing bench and is done in a prone (face down) position. This position allows for maximum recruitment of the mid lat and the rhomboids without placing undue stress on the spinae erectors.</p>				
<p>Years ago Jeff used to perform the regular Barbell Bentover Row, but unfavorable body mechanics due in part to an inherited genetic flaw of bad backs in his family and numerous injuries have caused him to forgo this exercise in favor of Prone Barbell Rows.</p>				
<p>Deadlifts are performed once a week by warming up in parimid style for 3 to 4 sets, which puts him at his target weight for an additional 4 sets.</p>				
<p>Hyperextensions are done as an option when deadlifts are not scheduled for the workout and this is done more or less by instinctive training.</p>				
Biceps:	Standing E-Z Bar Curls Preacher B.B. Curls	Middle belly Lower bicep	DAY NO. 3	
Forearms:	* Reverse Preacher Curls * B.B. Wrist Curls (palm up)	Upper/Outer forearms Belly of forearm		
<p>* These two exercises are performed in SUPER SET fashion.</p>				
Abdominals:	Modified Leg Raise Side Crunches Twists  Super Crunches	Lower abs Obliques/Intercostals Obliques but without size increase Upper/Middle Abs	DAY NO. 3	
<p>Jeff will do one or two of these abdominal exercises during a workout, again instinctively for 3-4 sets of 20-30 reps each with the exception of the twists where he will do 100 reps. Jeff feels that his abdominals are one of his genetically weaker bodyparts and he pays particular attention toward optimum development of this area.</p>				