

# **13-SECRET EXERCISES OF PHYSIQUE CHAMPIONS**



**“Unusual Exercises for Unusual Results”**

**BY Dennis B. Weis “The Yukon Hercules”**

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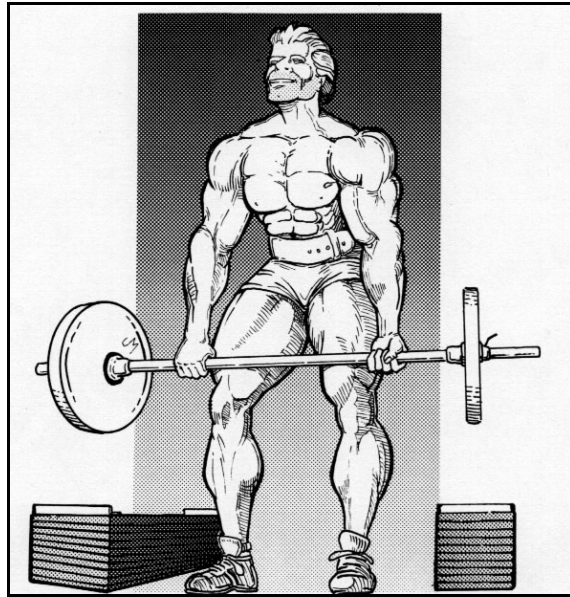
**When it comes to exercises, physique champions are not bound by the shackles of just doing the regular so called core exercise movements all the time; rather they are always experimenting, looking for unusual or more efficient exercises to perform.**

**Do as the champion bodybuilders do by closely examining the exercises you are currently performing and see if they are giving you the results you desire.**

**Here are some of the little know secret exercises physique champions use to keep their muscles big & defined. All of the following exercises offer some new twists to the regular exercises you may have been doing previously – which will transform a dull, arduous, run-of-the-mill workout into an exhilarating and inspiring, enjoyable and productive experience!**

**Enjoy!!!**

## Secret Exercise #1



### Measured Movement Power Deadlift (Wooden-Plank Concept)

**HOW WOULD YOU LIKE TO ADD AS MUCH AS 10% ONTO YOUR MAXIMUM SINGLE EFFORT POWER DEADLIFT IN A SHORT TIME . . . ?** For instance let's say you are now power deadlifting 400 lbs. for a single rep . . . how would you like to be deadlifting 440 lbs. within a few short workouts? Sounds good eh? Sure it does . . . ! And you will do it, believe me.

Back in the early 1970's my maximum single deadlift record was in a slump at around 500 lbs. I decided to seek out a solution to this problem and immediately got in contact with **Ernest F. Cottrell** (who had been giving highly professional bodybuilding and powerlifting instruction for more than 20 years) through his personalized mail-order bodybuilding instruction service.

Ernie sent me a Power Deadlift Specialization workout that literally catapulted my deadlift poundage almost overnight. The deadlift specialization program was performed twice per week on Monday and Thursday (Tuesday and Saturday is another option I used from time to time). Here is the schedule that Ernie outlined for me:

MONDAY.....	Power Deadlift Workout
TUESDAY.....	Squat/Bench Press
WEDNESDAY.....	Rest
THURSDAY.....	Power Deadlift Workout
FRIDAY.....	Squat/Bench Press
SATURDAY.....	Rest
SUNDAY.....	Rest

Since my primary goal was to specialize on the deadlift Ernie had me only doing maintenance work on the squat and bench press, just enough for slight improvement.

### POWER DEADLIFT WORKOUT

**CONVENTIONAL DEADLIFT:** Load a bar to your best 10 rep maximum poundage. Perform: 2 set x 6 reps (rest 3 minutes between the sets).

This exercise is performed like the regular conventional deadlift *except* for two important differences: First, as you reach the vertical lockout position, shrug the shoulders up and back as far as anatomically possible while slightly bending the arms to activate the biceps; hold this position for 2 seconds, and then lower the barbell until the plates are about 2-inches off the floor, stop any further movement and hold for about 2-3 seconds, then begin the upward pull again and repeat the whole process again for 2 sets of about 6 reps.

Upon completion of the 2 sets of 6 reps, I was advised to rest 8-10 minutes. Next is the . . .

### **MEASURED MOVEMENT POWER DEADLIFT (Wooden-Plank**

**Concept):** This is the secret exercise that will give a person that fantastic boost of power they are looking for in the deadlift . . . !

Prior to beginning this exercise you will need to obtain a couple dozen or so 2" by 12" by 2' long planks . . . and arrange them in even stacks (as depicted in the graphic drawing above) so that when a barbell is placed on them the bar will be positioned at the knees.

Place a barbell on the planks and load it up to a poundage which is 10% over your maximum single effort. My deadlift was 500 lbs., so I added 50 more pounds. If your best deadlift is 300 lbs., add 33 lbs., etc., etc. . .

Now begin performing this lift in a conventional deadlift style, but for only one single effort in a s-l-o-w deliberate manner and with a firm lock-out. Do 6 to 10 single attempts (depending upon your existing energy level), resting 3-5 minutes between attempts.

Though you are deadlifting 10% more poundage that you could normally, the pull will psychologically seem easier because the heavier than normal weight is easily lifted only a few inches (from knees to lockout).

Ernie mentioned in the letter correspondence to me that the key to this exercise is to remove one 2” by 12” plank from each stack each workout. He further went on to say that sometimes two and three planks could easily and safely be removed. Ernie advised me to continue with the plank removal until I was finally doing the single rep deadlifts from the floor.

Personally I found that removing one plank each workout wasn’t always possible and sometimes I would remove a plank from each stack ever 4<sup>th</sup> workout instead. Regardless if I was removing a plank every workout or every 4<sup>th</sup> workout, the wooden plank concept to be a really fast way to gain strength in the deadlift.

**Note:** Always begin the first single effort of the **Measured Movement Power Deadlift** from knee level to lockout even if you have graduated to the removing of many planks; work your way down to your present “level” of strength.

Once you are down to pulling the deadlifts from the floor, add 10% more to the barbell and begin the procedure all over again as described. After two cycles of the **Measured Movement Power Deadlift(s)** eliminate them out of your deadlift program for two or three months and then implement them back into your workout again if you wish.

The next exercise is . . .

**PRONE BACK HYPEREXTENSIONS:** Do 1 to 3 sets of approximately 25 reps, holding the “back arch” position of each rep about 1 second. Rest 1.5 minutes between sets.

Upon completion of the recommended sets, rest 5 minutes, then finish off the **POWER DEADLIFT WORKOUT** with the . . .



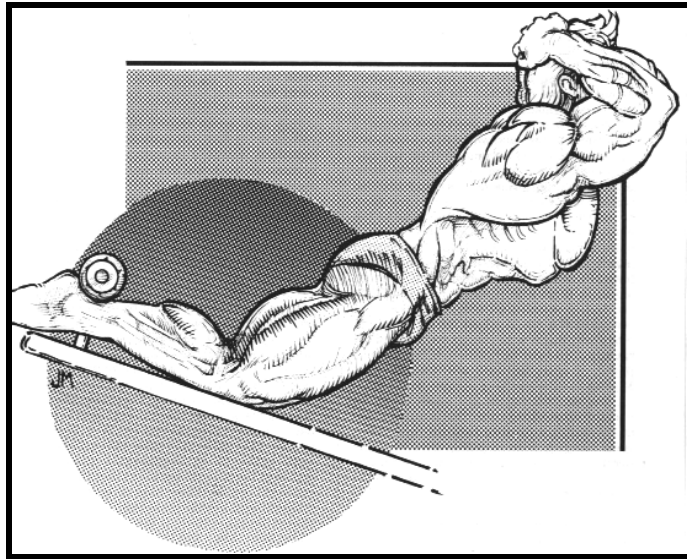
### **STIFF-LEGGED**

**DEADLIFT:** At this point in the program this exercise will be most welcome . . . Stand on a sturdy wooden box (as depicted above), and using a moderately light poundage, lower the bar to the toes, stretching, the back, shoulders and legs. Perform 1-2 sets of 15 reps each. Rest 2-3 minutes between sets.

**Note:** You may find doing the POWER DEADLIFT WORKOUT twice in a seven-day cycle simple too taxing from the standpoint of localized muscle recovery and that of systemic recovery of the central nervous system. If this is the case I suggest that you modify the workout into an eight-day cycle (do the deadlift workout on one day and then don't do it for the following three days).

**Pro-Tip:** With a bit of ingenuity the wooden-plank concept (mentioned previously) can be for measured movements in the **Barbell Back Squat** (buttocks touch the stack of wooden-planks rather than the barbell etc.) and **Supine Barbell Bench Press**.

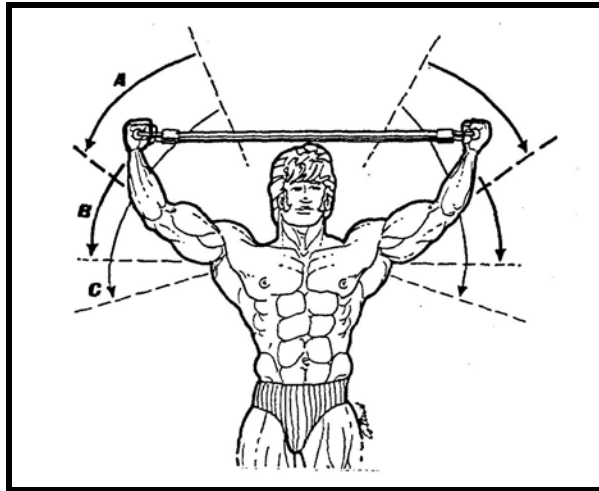
## **Secret Exercise #2**



### **TENSILE CONTRACTION** **LEG CURL**

For those of you who don't have access to a leg-curl machine, and will need to improvise, I have a couple of suggestions that will help you. First, if you have an adjustable sit-up board, you're in business. A leg-curl exercise can be done by lying face down on the sit-up board with your feet strapped securely to the inclined end of the board. Once this is accomplished (usually with the help of a training partner), you then begin to curl your body up from the knees by pure hamstring strength alone. To begin with, you may have to initiate each rep by pushing off with your hands, so it is a good idea not to adjust the incline of the board very much until you get the hang of the exercise. Near the completion of the positive phase of each rep, you will assume what appears to be a kneeling, upright position.

## Secret Exercise #3



### EXPANDER CABLE LAT-PULLS

This is a very effective Latissimus exercise, especially when done right after Ben-Over Rowing, Lat Machine Pulldowns, etc. Performance is different from what you've probably done if you've tried this expander cable exercise before. Usually, when this exercise is done simply by pulling arms down, stretching the cables, then immediately returning to starting position, the results aren't very good. I've modified the performance where 90 percent of the guys who tried it really liked it and put it into their routines. You can use steel spring or any of the rubber expander cable sets for this one.

#### PERFORMANCE:

Hold cable over your head, slightly to the front, rather than directly over your head, cables relaxed and arms just slightly bent to take strain off elbow joints in the first stages of this exercise where you'll not be too strong at first.

Use a strong enough cable set that won't allow you to pull cables apart as shown in "A". Now, pull cable handles apart until hands are at position "A"; then relax slightly, letting the hands return about 4" or 5" back to starting position, and then immediately try harder to pull cable handles past point "A". Do this short-range movement 3 to 5 times, always trying to pull handles farther apart. Relax and return to starting position and repeat. I will go through the whole sequence of progression before I suggest how to use this exercise in your workout.

When you eventually are strong enough to pull handles to "B", still using the aforementioned technique, then straighten out your arms at the end of each movement, and really pull hard downwards and backwards, cables pressed tight across your upper chest at the neck, to completely contract your lats. When you've



achieved this point, add more resistance (another expander cable) and start all over again.

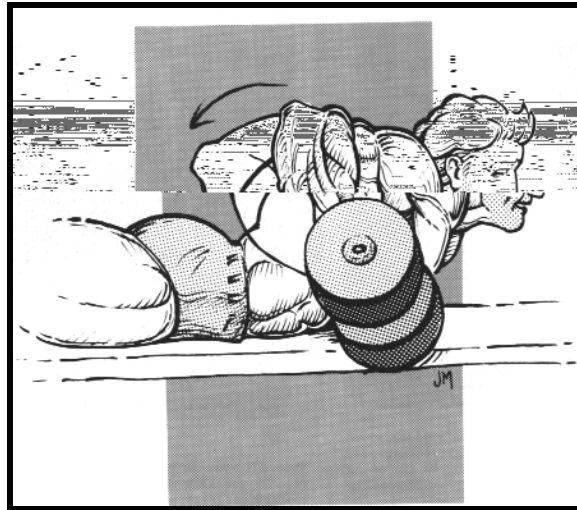
#### **SUGGESTED USAGE IN WORKOUT:**

**My favorite method is to do this one for 4 reps of 5 tries to pull the cables apart farther (each time you try to pull the cables apart 3 to 5 times in succession is considered 1 rep) right after doing a set of Bent-Over Rows, Lat Pull-Downs, Parallel Bar Dips or Barbell Pullovers.**

**You can also wait until all your upper back work is done, then do as many sets and reps as you need to get at those lats the way you want. Some guys have a hard time isolating the lats in most barbell exercises, so to fire the lats and make them more susceptible to the barbell work, trying doing 3 to 5 reps of 5 tries of this exercise, then immediately do your barbell (or lat machine) Latissimus exercises, rest a moment and repeat, etc.**

**To order an expander cables such as those illustrated above log onto: [www.ironmind.com](http://www.ironmind.com). Click on Online Store, click on Store Directory, click on Training Gear and finally click on Cables.**

## **Secret Exercise #4**



### **GIRONDA PRONE-DUMBBELL ROWING**

For the outer lat aspect try prone barbell rowing on a high bench. Set up for this exercise by placing two sturdy benches or wooden boxes which measure 18 to 24 inches in height parallel to each other, 26 inches apart. Position a barbell on the floor (horizontally) midway between the two boxes. Then put a flat exercise bench atop the two boxes. Make sure that the combined structure is both level and safe. Lay lengthwise in a facedown position on the padded bench surface. Reach down and grasp the bar with either an overhand or, if you wish, an underhand grip.

You have a choice of hand spacings which consist of narrow (16 inches), medium (26 inches) or ultra-wide (36 inches). When using the medium hand spacing, your arms should be hanging down directly in alignment with your shoulders (or at right angles to your body, and the forearms vertically above the bar). The barbell should be clear of the floor during your rep cycle. This will be dictated by the height of the box and bench combination and, of course, the diameter plate size used on the long bar. Therefore, you must adjust until it is the right height for you.

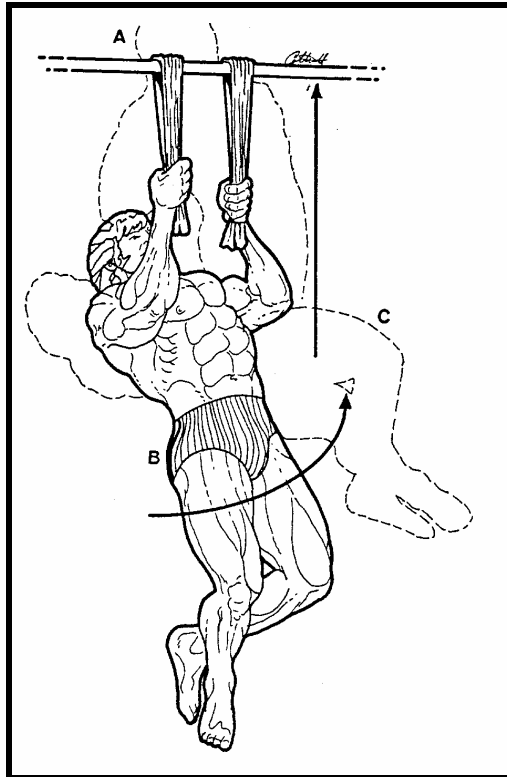
Keeping your wrists straight, pull the barbell up to the underside of the bench and to midpoint of the abs. Keep your elbows close to your sides at the top of the peak contraction. This elbow technique really works well with the underhand (curl) grip. As the barbell touches the underside of the bench, hold for a short count of three, then slowly lower the bar to the starting point and repeat. The upper torso and legs should not assist the complete range of movements in any way. The performance of this exercise must be confined to lat and arm motion only and will prove useless otherwise.

Vince Gironda has his own unique version of this exercise. He holds a pair of heavy dumbbells, not a barbell, in his hands with his arms hanging straight down and his knuckles forward. From this position, he pulls the dumbbells up high while flaring his elbows out at 90 degrees, right angle, to his body. As the upper arms and elbows align with the shoulder joints (forearms form right angles to the upper arms), Vince lifts his head and legs to a crescent position off the bench surface (only his stomach remains in contact with the bench) and arches his back. His shoulder blades are squeezed back together and down.

He holds this position for a slow count of two. Then, while still holding the dumbbells at the top of the peak contraction of the movement, he moves his upper arms back alongside his body and holds this second position for another count of two. He then returns the dumbbells to the starting point and repeats. Sometimes, he will lay the dumbbells on the floor after each rep momentarily, just to relax the hands.

***Pro Tip:*** Use a cambered bench press bar (cambered bend to be angled towards the floor) for a greater range of movement. Don't forget to apply a heavy coat of chalk on your hands prior to doing this and other rowing variations.

## Secret Exercise #5



### COMPOUND TOWEL-CHINS-LEVER

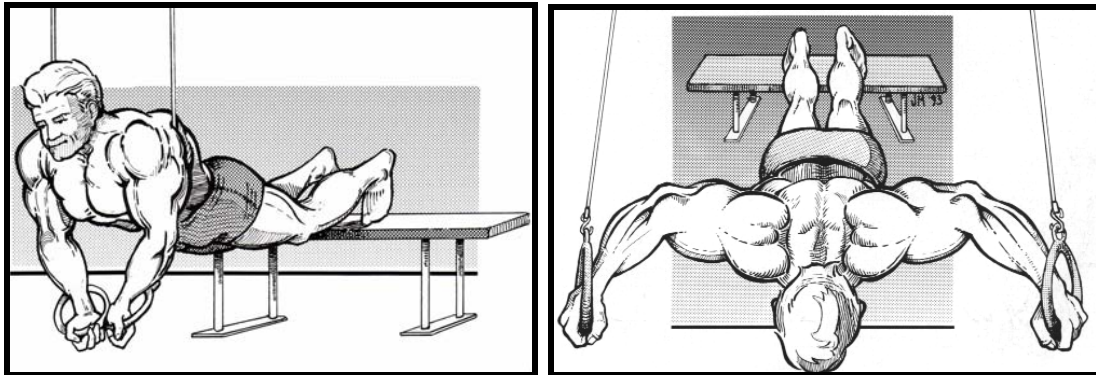
One of my favorite upper back exercises was what I called Towel Chins, and was done by draping two strong terry cloth towels over chinning bar as shown, then grip towels about 10" to 12" lower than bar and do chins. This really contracts the lats, believe me, and also works the pecs and biceps (not to mention the grip). After I got to the point where I could use 60 or 70 lbs. additional weight for 10 reps, I began experimenting with levers, too, that brought the pecs more into play and made this tough, but very effective, exercise an exceptional upper body movement. I will outline how I found this one to be done:

To begin with (depending on your present strength), hold towels about 4" to 5" below bar, then do your chins from full hang. Whenever you get above 10 reps, lower your hands on towel. When you can do 10 reps at 12" distance from bar, hang additional weight around waist. When you can do 10 reps with your hands 12" below bar with weight about 35 percent your body weight around your waist, remove additional weight and do Chins-Lever in this manner:

"A" from dead hang, do complete chin, lower fairly slowly to position "B", arms at 90 degree angle, then with knees bent and rest of body straight and rigid, raise knees up until rest of body is horizontal. Hold this a moment, then lower to full-stretch hanging position and repeat. 5 or 6 reps of this one will usually be enough

**per set, resting 30 seconds to 1 minute between sets. If you do get strong enough to need additional weight, tie dumbbell rather snugly around waist so that it doesn't dangle loosely. Do as many sets as you feel are necessary to fit into your current program.**

## Secret Exercise #6



### HANGING RING FLYES

One of the most unique exercises for developing the muscle mass in the upper pectorals is one that former IFBB Mr. Olympia Larry Scott used for a fast pec pump when he trained at Vince's Gym in North Hollywood (when preparing for his Mr. Olympia wins). The exercise is called Hanging Ring Flyes. The rings themselves are the type used in gymnastics competition, covered in leather. They are each secured to a rope or heavy nylon strap which is mounted into a ceiling beam or joist as support. The rings are suspended shoulder-width apart at about the same height off the floor as the height of a typical exercise bench (18 inches).

Now position a flat exercise bench approximately three-quarters of the length of your body from the hanging rings but in line with them. You are now ready to get into starting position.

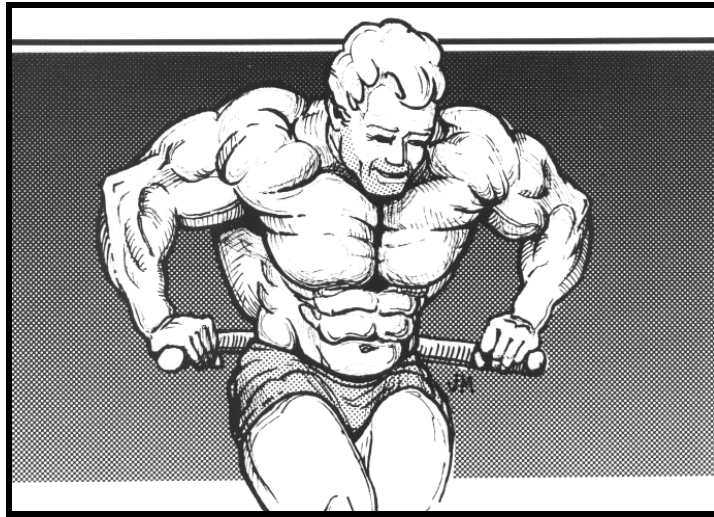
- a) Kneeling on the floor with the end of the bench behind you and the rings in front of you, grasp the inside of each ring with a palms-forward position. Bring them close to the front of the upper torso, down near the low sternal pec and upper to mid ab region as depicted in the illustration. If you have taken the correct position, the rings will be in contact with the back of your lower arms. Keep your arms almost locked out but with a very slight elbow bend.
- b) Walking backwards while holding onto the rings, place your toes securely on top of the flat bench – feet wide enough apart (6 to 12 inches apart) for good balance.
- c) While bending your knees slightly, keep your upper torso rigid. Slowly begin to initiate an inverted or prone flying motion (just the opposite of supine bent-arm dumbbell flyes) by lowering your body, face downward, in a sloping or decline motion. Keeping the arms as instructed (slightly bent at the elbow, see above), rotate your wrists simultaneously until you are literally spread-eagled with your chest six inches off the floor.

- d) In the bottom, max spread-eagle stretch position, the upper arms and elbows are almost in direct alignment with the shoulder joint but, because of the slight bend at the elbows, the palms of the hands are slightly in front of the shoulders.
- e) During the actual descent, breathe deeply.
- f) Now slowly, with pure pectoral tension contraction, pull the arms back into the starting position. (This should not imitate a pressing movement but should be a drawing in or pulling together movement.) At the top of the movement, lock the arms out and pull the hands together as close as possible, squeezing those inner pecs for a long lasting pump. From time to time, it would be a good idea to do half plus quarter rep burnouts in the lower spread eagle, middle and top positions as you finish off the last reps of the final set or two. This maximum-contracting ring flies exercise will produce the ultimate shape you desire in the pecs.

***Pro Tip:*** Elevating the feet on a higher bench plane than described will allow more upper pec stimulation. Placing the feet on the floor rather than on a bench places the stress line on the low sternal pectoralis region.

Visit: [www.biophase.com](http://www.biophase.com) and click on equipment to learn more about the “Hanging Rings”.

## **Secret Exercise #7**



### **GIRONDA V-BAR DIPS**

Place a small mounting box midway between the widest opening of the upright support posts of the V-bar (only on the models that don't have crossbars at the base of the uprights). Now, while facing the inner V of the bars, stand on the pedestal or crossbar and assume the exact position which you would be in at the beginning or starting point of the dip.

Grasp the V-bars with a thumbless or false grip (palms and heels of hands facing outward instead of inward as with a suitcase or neutral grip) and the thumbs to the rear. The distance between the thumbs should be approximately 32 inches. Not only is this the most comfortable grip to assume (especially if the bar is fabricated from a round steel tubing), but also it places minimum stress on the biceps. With your arms straight and your elbows locked, tuck your chin into your chest. Next, round or bow your feet off the crossbar and position them parallel or under your feet off the crossbar and position them parallel or under your face slightly in front of the abs. Your posture will appear like a scimitar, or curved, single-edge Arabian sword.

Relax your abdominals and inhale a deep breath of air. Slowly, begin to lower your body through space while flaring your elbows out laterally in alignment with your shoulder joints. With pinpoint concentration, never allow the elbows to drift rearward beyond the plane of the upper body.

Continue to bend your arms at the elbow joints, lowering your body until the outer aspect of your pecs are two or three inches away from your hands. It is important to mention that Larry Scott uses this exercise almost exclusively in his pec-pumping routine. When doing so, he will go for an extra stretch (contraction) in his lower pecs, stopping the rep when his elbows are midway between shoulder height and straight overhead. Then, he will do what he calls "double bounces" or measured



movements, where he only pulls himself up 10 to 12 inches from the bottom of the negative stretch contraction and back down again (controlled half-reps). He repeats this sequence more than once.

Larry will also inhale short breaths during the stretching phase of his double-bounce technique (quickly exhaling the air from his lungs during the measured movements) which allows his rib cage to expand fully. But, this is only possible because his abdominals and serratus are relaxed as much as possible. Should you try this, then after your double bounces are completed, concentrate on pulling with the power of your pecs to raise your body by straightening the arms by small degrees (while continuing to keep your elbows rotated and wide to the front) until you assume the “top” starting point of the pec dip.

The feel you are looking for (and bear with me in this) will be very similar to the one you could imagine feeling during the positive phase if you could perform a decline press and a cable crossover simultaneously. It may sound obscure, but when achieved, that’s the purest form of pec contraction you will ever hope to experience.

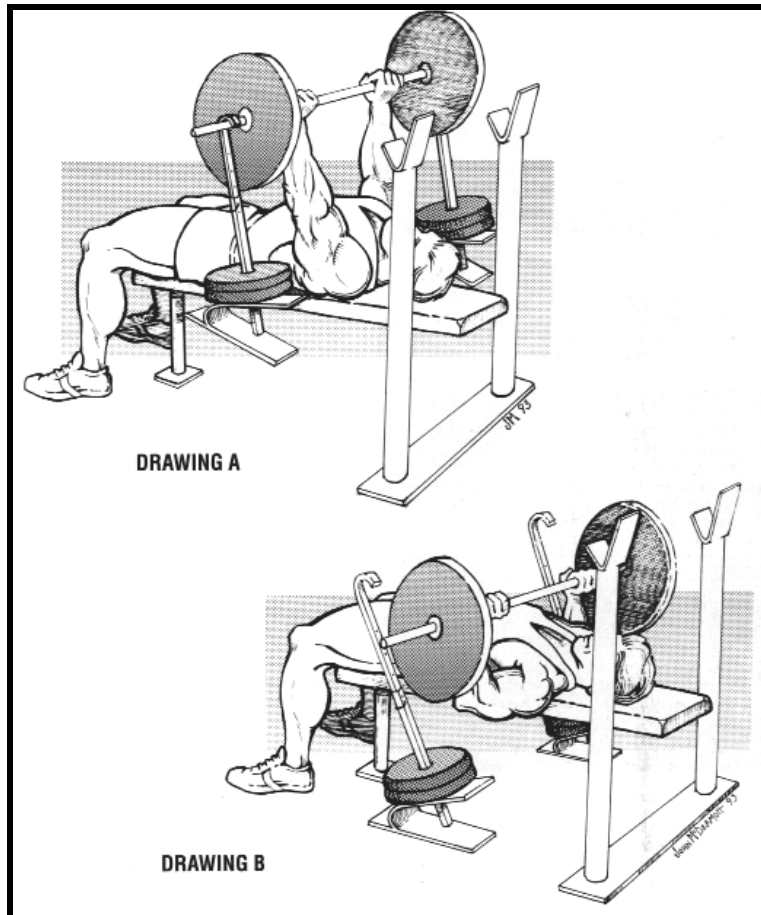
If you don’t have the strength or flexibility to do full range of motion V-bar dips in the manner described, then do them to within your own limited range of movement. From the “top” starting point you might begin by lowering just an inch or so, then pull right back up to the starting point. Then, each proceeding workout, try to lower yourself a couple of inches further than in the previous workout.

***Pro Tip:*** One of Larry Scott’s favorite pec-bombing techniques is to superset, or alternate the V-bar dips with another good pulling exercise that uses the same basic movement. In this case, it would be a 15-degree decline dumbbell flyes. This is done for a three to four series. At the bottom of the negative stretch contraction, on the decline dumbbell flyes, he will flex his neck and raise his head a few inches off the bench. This little action assists him in creating an even deeper stretch in his pecs.

Until a few years ago, Vice Girona, had one of the only gyms in the nation to feature the “V” dipping bar. That has since changed. Larry Scott and his associates now manufacture an excellent V dipping bar.

Visit: <a href="http://www.biophase.com">www.biophase.com</a> for more information on this unique piece of training equipment.
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## **Secret Exercise #8**



### **Weight Release-Bench Press Tool**

This item is two-part device called a weight release-bench press tool. I am including a detailed drawing of the weight release device in use. I feel that this vivid drawing will be a most helpful visual aid as I describe its function.

The barbell bench press is the exercise depicted in the drawing, so I have elected, for the sake of simplicity, to base the description and use of the weight release on this popular exercise. Begin by calculating what your maximum single effort (MSE) is in this exercise. Let's assume that to be 300 pounds. Load up the long bar with 60 to 80 percent of that amount. If you choose to go with 80 percent of the 300-pound maximum single effort, the bar should be loaded to 240 pounds.

You will have a remaining 20 percent or 60 pounds, and this amount should be divided up and loaded equally onto each separate weight release. The total of the weight on the long bar and the combined amount on the two-part weight release now equals the 300-pound maximum single effort. You're not finished with the loading procedure on the weight release yet. As many of you probably know, one of

**the secrets to doing a maximal-mode negative is to use a poundage which is 20 percent and beyond your maximum single effort (MSE) in the conventional (negative/positive) style. So, with this in mind, load an additional 10 percent more poundage (30 pounds) onto each weight release. The 60-pound loaded release devices are hooked one over each end of the bench press bar. Now, you are set to do the bench press. Do so by un-racking the bar unassisted. Pause an extra second with the arms fully extended over your chest to minimize any sway or swing of the weight release device. Then, slowly lower the weight down to the sternum, and at the very instant the long bar touches your chest, the loaded weight release devices will disengage from it (provided the hooked bar and the base unit of each device has been properly adjusted to the correct length).**

**At the moment this takes place, you must immediately (and explosively) power the 240-pound barbell up, doing a complete positive-phase rep. Don't stop yet, but do an additional two or three more conventional reps (both negative and positive phases) with this poundage. Then, rack the weight. Take a rest and, while doing so, hook each weight release device back on the long bar so they will be ready to work as you prepare for your second and final negative-mode rep.**

**The weight release device is versatile in that it can be used for the ultimate pump-out set. Using the same 80 percent of a maximum single effort, load the bar up to 180 pounds or 60 percent of your 300-pound maximum single effort. Now put 10 percent, or 30 pounds of resistance, on each weight release. Adjust the hook bar into the base of each device so that it is three to four inches shorter than the previous quick-release adjustment used for the maximal negative-mode rep. Attach the weight release to the bar.**

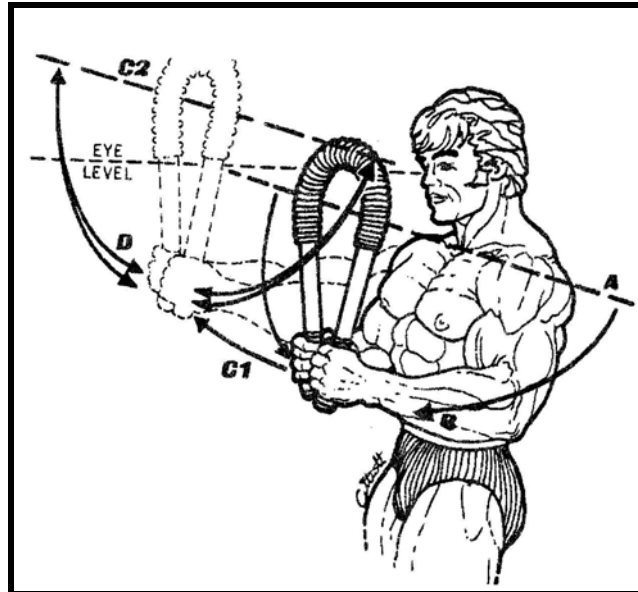
**Taking your normal grip on the bar, slowly lower down to your chest. Count slowly to 25 (one thousand one, thousand two, etc.). Then, press the bar back up and do a second rep in the manner described. A third rep is then begun by lowering the barbell (and attached weight release device) slowly down to the chest. Again, as with the previous two reps, hold this position for a slow count of 25. Now, rather than pressing the combined poundage of 24 pounds up to arms' length over the chest, rock or tip, the bar ever so slightly (from one side then the other) just enough so that each 30-pound loaded weight release will disengage from the bar almost simultaneously.**

**Now, pump out as many conventional reps as you can with the 180-pound barbell until your pecs look like a road map of blood-choked vascularity. Do a second set of three reps with the 25-count pause, but this time, use only the 180-pound barbell. Your handspacing should now be three inches narrower than what you consider normal. Do a third and final set with the 180 pounds, and again, adjust your handspacing to where it is another three inches closer than that of the second set (6 inches closer than normal). Try this three-set combination, using a cambered bench press bar, rather than a straight long bar, and experience the ultimate in pec stretching.**

**The beauty of function of the weight release is that it can be adjusted for the one-shot, quick-release maximal-mode negative, or a set of conventional reps using a single weight-drop concept. Either way you go, the device is always just inches from the floor for instant disengagement. The strength athlete will find the device invaluable for doing the non-assisted negative.**

**To learn more about the Weight Release-Bench Press tool visit:**  
**[www.midstatesports.com](http://www.midstatesports.com). Click on Weight Release-Bench Press.**

## Secret Exercise #9



### **CHEST-O-FLEX (PUSH-OUT-IN)**

This exercise is very effective for the Pectoralis Major, both the large lower portion as well as the hard-to-get upper portion. The Biceps are strongly affected by this exercise, too, and I believe that it will always be a part of your workout after you've done it a few times and experience the results.

#### Performance:

(First off, use the common spring **POWER TWISTER** shown. (A) is where you hold the twister close to the chest, your arms out to sides, then (B) you flex spring until your hands touch about 8" in front of body, then (C) you be sure that hands are constantly touching as you push them out to front until your arms are perfectly straight. Now, you relax the tension on the spring so twister straightens out (C2) and immediately bring hands together again (D) twice, same as first flexing of spring, but with arms out to front and straight. At finish of second flexing of spring, and hands together, bring hands back to position (B), then back to starting position (A) and repeat the whole sequence over – and over – and over.

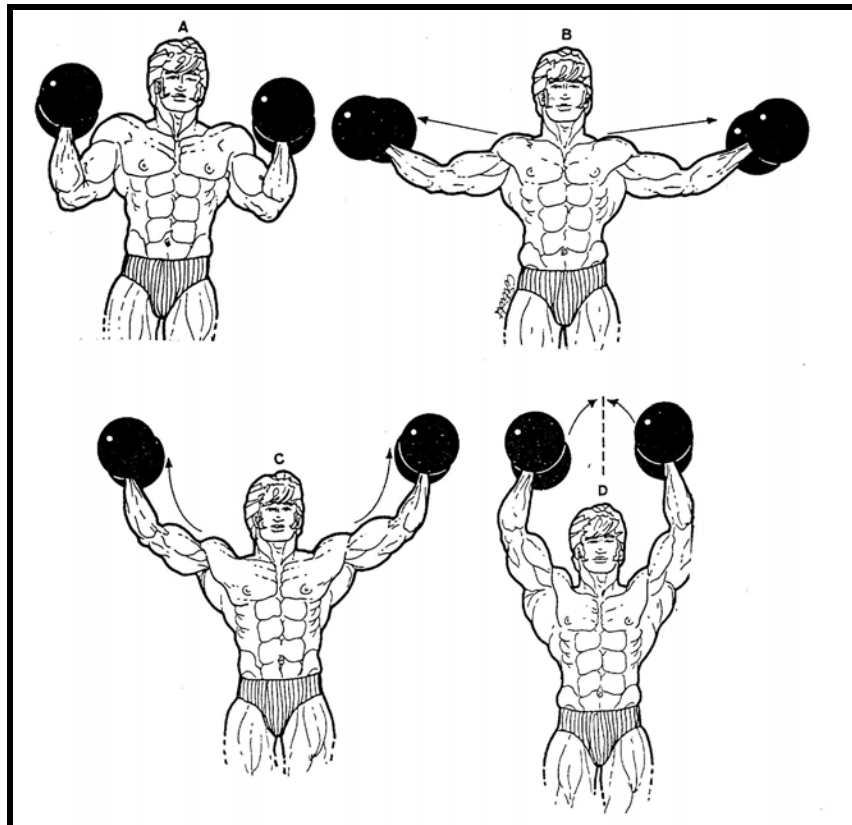
The apparatus shown isn't adjustable for tension as are the other crusher spring devices, but if you use this exercise right after doing Bench Presses, Parallel Bar Dipping, etc., your Pectoralis will be sufficiently fatigued for it to be extremely effective.

Obviously, I don't know your particular routine, goals, stage of development, etc., but I'll suggest a few techniques to use this exercise:

- 1) After each set of Bench Presses, immediately do a set of these Chest Push-Out-Ins; then rest as you see fit and repeat. This will really pump the chest, and, since this exercise also strongly affects the Biceps, the whole upper arm will get a good pump since the Bench Press strongly works the Triceps.
- 2) After each set of Parallel Bar Dips, which strongly works the lower portion of the Pectoralis, hold the twister upside-down (palms up) and do as described earlier. This will get to that stubborn upper part of the chest that is hard to get (NOTE: the reason I say the Upper Pectoralis is “hard to get at” is because so many bodybuilders who try to do Incline Presses and Incline D.B. Flyes to reach this upper portion find that the Deltoids receive most of the work load and not the chest. This exercise isolates the Pectoralis from the Deltoid.)
- 3) After your chest routine is over, do this exercise for 3 to 6 sets, depending on your stage of development and your strength and energy.

The **POWER TWISTER** can be purchased by logging onto: [www.exercisegroup.com](http://www.exercisegroup.com). Enter into the Muscle Mall and click on exercise equipment.

## Secret Exercise #10



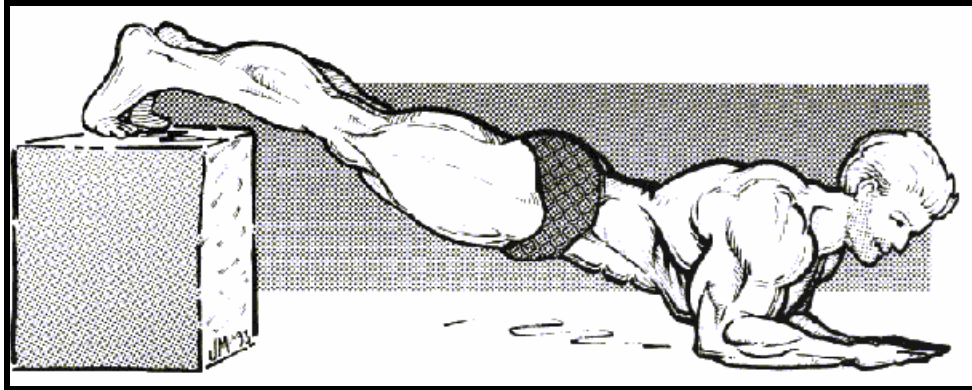
### **“Y” DUMBBELL PRESS-OUT-UP EXERCISE**

Here’s a challenging exercise for those stubborn shoulders! Also good for breaking up training monotony and for getting that chiseled cut-up look in the deltoids and upper traps pre-contest.

- (A) Start with DBs at position shown, shoulders slightly raised.
- (B) Press DBs out to side, as shown, just a little above shoulder height, and only far enough to keep your elbows bent slightly.
- (C) Immediately raise arms to (D), then press up hard until arms are perfectly straight. Lower DBs to (A) and repeat.

Some bodybuilders get more shoulder exercise when they hold the DBs with the palms facing to the front during the movement, and this hand position will engage the lateral (side) deltoid much more; do it the way shown until you build up strength to do it the latter way effectively. I can’t tell you how to use this in your routine since I don’t know your exercise schedule, but you can use it in place of BB or DB overhead Presses, DB Laterals or Upright Rowing, or use it with any or all of these, if you want to specialize on your shoulders.

## Secret Exercise #11



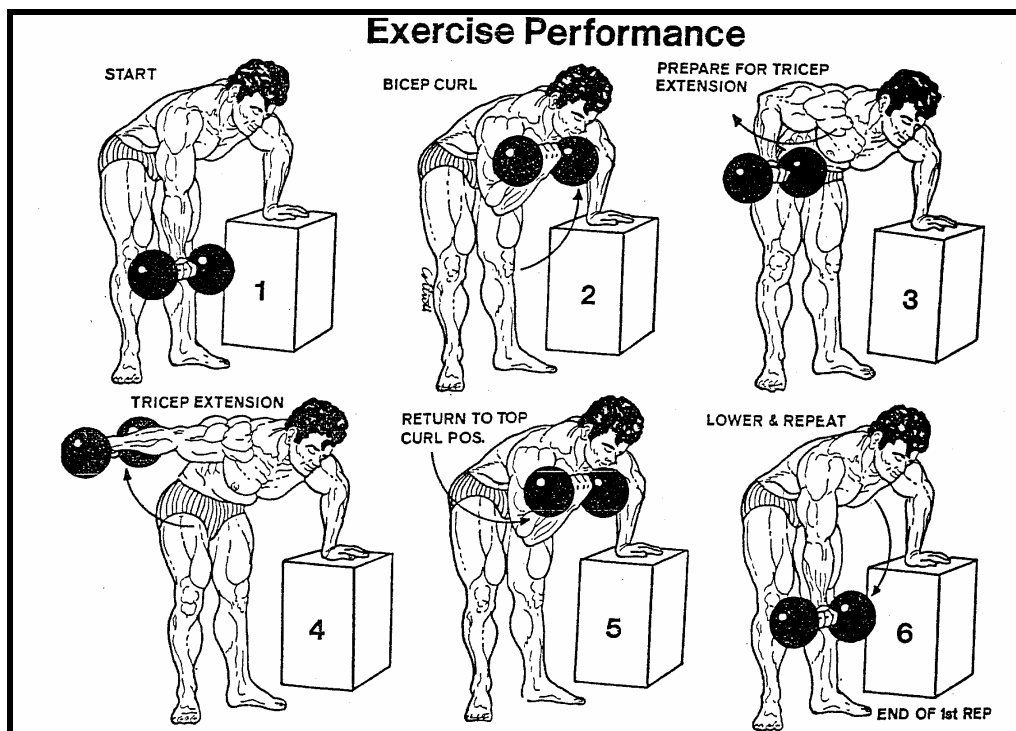
### **ATOMIC TRICEPS BLASTER PUSH-UPS**

Begin this triceps blaster exercise with your body at the starting point shown in the line drawing. Commence from an “elbow stand” in which the entire forearms as well as the hands (palms flat and spread approximately 4 inches apart) are resting on the floor directly under your face. With your torso in rigid and sloping position and your feet on a raised surface of a flat exercise bench or wooden box, inhale deeply and hold.

Slowly straighten your arms, as in a regular pushup, until the elbows are completely locked out and straight. Expel the air from your lungs prior to locking out the elbows. Lower yourself again to the elbow stand position, inhaling air while doing so. When you utilize this unusual pushup movement, you will be lifting only about 80 percent the bodyweight that you would do in a regular floor-dipping style. No matter though, the stress load in the atomic triceps blaster is much greater on the triceps than on the pecs, and it is much more conducive to the development of huge horseshoe super triceps.



## Secret Exercise #12



### **ONE-DUMBBELL COMPOUND BICEPS/TRICEPS MOVEMENT**

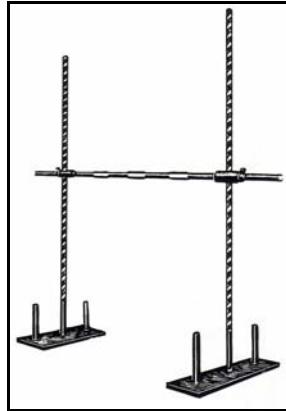
1. **START**: Bend over, supporting your upper body on chair (or exercise bench) with hand not being exercised. Hold dumbbell in other hand (as shown) and let hang, arm straight, palm forward.
2. **BICEP CURL**: Without moving elbow to front or rear, curl dumbbell as high as possible.
3. **PREPARE FOR TRICEP EXTENSION**: Now raise elbow back to position; arm from elbow to shoulder should be horizontal.
4. **TRICEP EXTENSION**: With upper arm from elbow to shoulder remaining stationary, straighten-out the whole arm and hold about 1 second there before lowering...lower dumbbell to position #3 BEFORE you move on to position #5.
5. **TOP CURL POSITION**: Lower elbow and "cramp" dumbbell into top curl position.

- 6. LOWER & REPEAT:** Now, lower dumbbell to starting “hang” position and immediately curl dumbbell again, and repeat the whole process again...and again...for the sets and reps prescribed for your needs. Remember: 1 Curl and 1 Triceps Extension (action #1 through #6) is 1 rep of this exercise.

**Note:** Don't do this highly result-producing exercise fast...or “swing” the dumbbell during any of the movements; keep a steady rhythm that makes the muscles work! If your muscles tire too much to do the same amount of reps each set, reduce the weight of the dumbbell about 5-lbs. each set. A quick method of doing this is to have 1 or 2 extra dumbbells that are each 5-lbs. lower in weight. Example: If you start out with a 25-lb. dumbbell, have a 20-lb. and a 15-lb. dumbbell made up and ready to use whenever you need to reduce the weight.

You will not have regular rest periods between sets as in 2-arm exercises because when one arm is working, the other is resting; so simply do 1 set with 1 arm, then immediately go to other arm for 1 set, then back to the first arm, etc., etc., until all sets are done on each arm.

## Secret Exercise(s) #13



**HARVEY - MAXIME BAR  
APPARATUS**

One of the greatest advances in iron game, as far as I am concerned, was the advent of the **HARVEY - MAXIME BAR APPARATUS** by a man named Roosevelt Harvey back around 1948. The purpose of this apparatus was to enable one to perform limited range movements with maximum poundage.

The original **HARVEY - MAXIME BAR APPARATUS**, as viewed above, consists of two vertical guide bars. At the base of the guide bars are attachments for adding poundage. An exercise bar (aka: cross bar) is affixed to the guide bars in such a manner that it can be adjusted and locked at various heights, up or down; it does not slide on the vertical guide bars during select exercise movements.

For example if you were going to do a quarter squat using the **HARVEY - MAXIME BAR APPARATUS** it would simple be a matter of adjusting and locking the cross bar into the vertical guide bars about six inches below (standing) shoulder level. Next position yourself under the bar and proceed to lift the entire apparatus up. You might repeat this process for perhaps 2-3 sets of 15-20 reps.

The potential of the **HARVEY - MAXIME BAR APPARATUS** is enormous for a few reasons.

**Reason #1:** The distance between the floor and the barbell plates of the Harvey - Maxime Bar Apparatus is much, much less (sometimes only inches) than that of a conventional barbell when doing the same movements.

**Reason #2:** You are now mentally armed with the knowledge that the closed distance ratio of the barbell plates to the floor has improved so there is less concern about rep failure and as a result all former fears and inhibitions are expelled from

your mind. This in turn allows you to develop a respectful contempt for lifting of limit poundage and beyond.

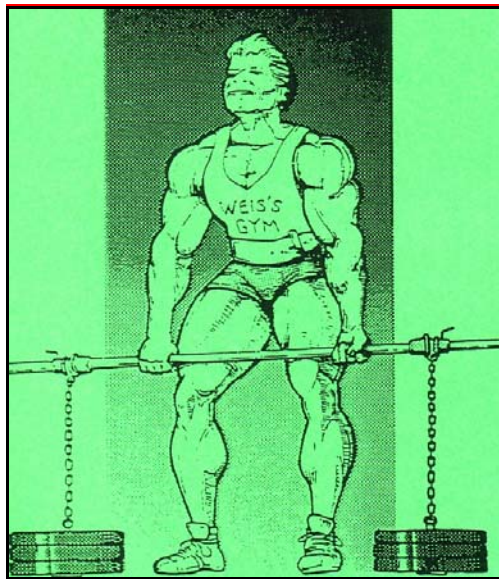
**Reason #3:** The Harvey - Maxime Bar Apparatus eliminates the need for spotter assistance.

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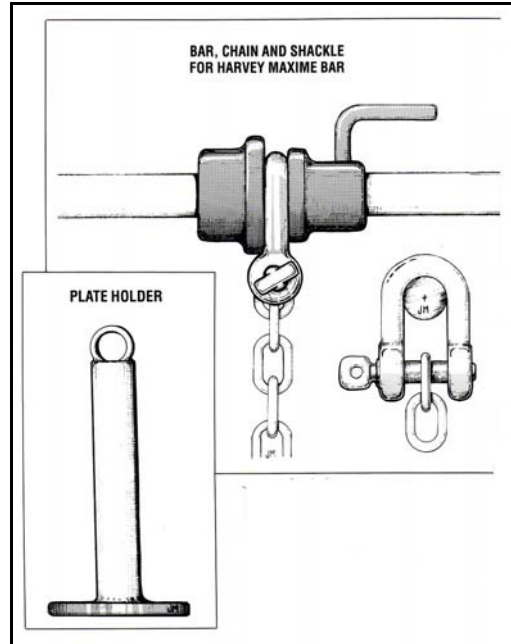
While the original Harvey – Maxime Bar Apparatus concept was viewed as a treasure house to strength gains its main objection was its monetary COST! Therefore a more functional, cheap, quick assemble version of the original Harvey – Maxime Bar Apparatus evolved into what the late Charles A. Smith termed as the ‘Basic Power Bar’ when referring to it in his articles. I prefer to call it...

### The ‘Chain Modified’

### HARVEY - MAXIME BAR APPARATUS



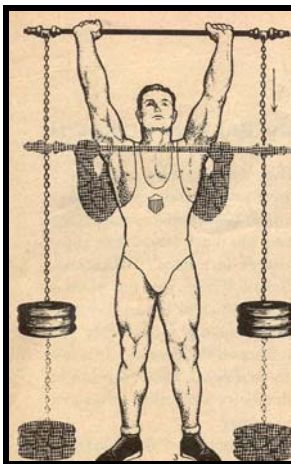
Here is how to fabricate this rather simple apparatus: You will need two lengths of 1/2 or 5/8 galvanized or stainless steel chain, each equal in length to your height when standing with arms stretched straight overhead. You will also need a 1-1/16" x 72" Stress Proof Steel Bar, 2 inside and 2 outside heavy duty barbell collars, two plate holder pins and four heavy-duty chain shackles.



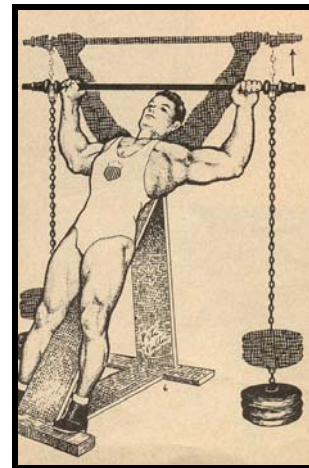
Two of the shackles will have to be small enough so that each can pass through the end link of the chain, but large enough to allow the bar to pass through them as well. The two shackles are then secured on the bar by the collars.

The two remaining shackles are attached to appropriate chain link (to accommodate the starting position of a select exercise) and the pre-loaded plate holder pins.

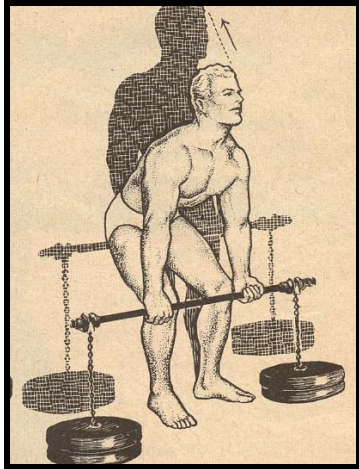
Once you have fabricated the 'Chain Modified' Harvey - Maxime Bar apparatus, its use will be practically limitless. All types of exercises such as: **Standing Barbell Presses** (incline and supine) **Barbell Deadlifts**, **Barbell Upright Rowing**, **Barbell Squats** (half, quarter and front), heavy poundage **Barbell Supports** (squats, bench press, standing press, jerk lock-outs overhead), and can be performed fearlessly with this apparatus.



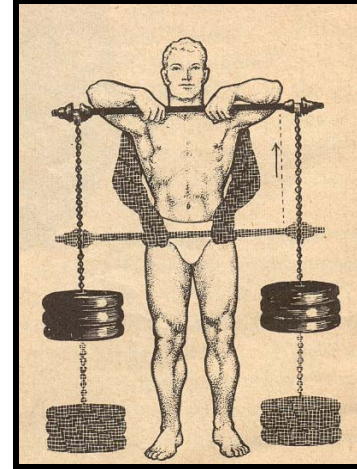
**Standing Barbell Press**



**Incline Barbell Press**



**Barbell Deadlift**



**Barbell Upright Row**

The first ground breaking article titled: THE HARVEY – MAXIME BAR by James R. Warren appeared in the December 1948 issue of **Iron Man magazine** and then in the 1950's the Weider publications; **Mr. America**, **Muscle Power** and **Your Physique** gave it acclaim via the medium of articles by the late (1912-1991) Charles A. Smith "A Pioneer in Muscle Training Instructional Journalism". For well over 40 silent years its popularity never caught on by the subtle compliment of imitation and I often wondered why because I felt that THE HARVEY – MAXIME BAR apparatus had an enormous potential, as I mentioned earlier, especially for **POWER BODYBUILDING**.

I am pleased to report however that in recent years a cable modified training tool similar to the Harvey - Maxime Bar Apparatus was invented by the late John V. Askem. Mr. Askem wrote a manual in 1997 titled: The Cable/Bar System (CBS) and shortly thereafter produced an 85 minute video demonstrating its use. The manual and video can be ordered by logging onto:

Web site: [www.ironmind.com](http://www.ironmind.com). Click: On Line Store>[Store Directory](#)>Books and Book & Tape Sets>Page 3.

The **HARVEY - MAXIME BAR APPARATUS** in my opinion should have been marked as one of the most historic advances in bodybuilding.

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I hope you have enjoyed this e-Report which reveals:

**13-SECRET EXERCISES  
OF  
PHYSIQUE CHAMPIONS**