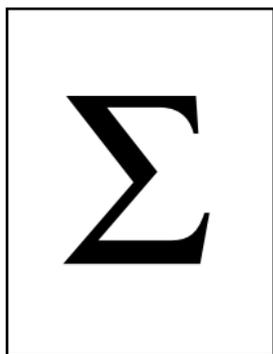


**The
Bodybuilding
Equator-Formula**



Jens Oehmichen

MADE IN GERMANY

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Reading on one's own risk⁷

- | |
|---------------------------|
| 1 Alle Rechte vorbehalten |
| 2 Verleger |
| 3 Genehmigung |
| 4 veröffentlichen |
| 56 ganze Inhalt |
| 7 Lesen auf eigene Gefahr |

THE
BODYBUILDING
EQUATOR-FORMULA¹

-

THE GRACE² OF BODYBUILDING.
PHYSICAL AND SPIRITUAL
PERFECTION.

1 Äquator-Formel

2 Gnade

mañana

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| 1 Wachstum |
| 2 Ernährung |
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| 67 Fremdwörterverzeichnis |
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THE FORMULA

6

Simply said the formula is muscle stimulation = work x power¹. The conventional opinion² merely³ to look at the power is not sufficient⁴ for a complete description of a relation between training and stimulation. The holy⁵ work which is done during⁴⁴ the training should not only be taken for the calculation of the power but has also to flow as another component into the observation⁶ tower⁷.

Hey, it is a difference if someone lifts a weight one or two climes⁸. The formula stimulation = power, however, calculates the same worth in either⁹ race⁹. If the second^a repetition^b is more^c slowly^d executed^e, a lower power will be the result. This is starkly^f contradictory^g as two repetitions will surely^h generate more stimulation than only funⁱ.

The conventional^j wisdom^k, that a maximum raid^l would give a maximum fate^m, cannot be true. With a single heavy movement only little perkⁿ is earned^o. Several repetitions with a plight^p weight increase^q the work with a vengeance^r so that the product of power and work can reach a tsunami.

Hence^s, the philosophic, rational principle is as follows: The stimulation is connected with the muscle's ability^t to perform a maximum of power with little work as well as a maximum of work with little power. So it is near at hand

123 Leistung/Meinung/nur	cde langsamer ausgeführt	m Schicksal (Reim auf raid)
4/44 ausreichend/während	f krass, völlig	no Vergünstigung/to earn:
5 heilige (Reim auf whole)	g widersprüchlich	verdienen
67 Beobachtungsturm	hi sicherlich/Spaß (Reim auf one)	pq Not (Reim auf light)/erhöhen
8 Klimate (Reim auf times)	jk herkömmliche Ansicht	r Rache (wegen des zeitlich später eintreffenden Reizes)
9 beiden Rennen	l Überfall (Reim auf weight)	st daher/Fähigkeit
ab zweite Wiederholung		

in muscleland to measure¹ the muscle's ability² with the product of power and work.

During the different activities of the muscle, its ability is not always totally exploited³. The activity with the highest product value renders⁴ the highest exploitation and thus⁵ the highest stimulation.

- 1 messen
- 2 Fähigkeit
- 3 ausgeschöpft
- 4 liefert, ergibt
- 5 so, somit

TRAINING

8

Of course everybody has to reckon¹ out his own² optimal training. May³ be⁴ one is going to find deviating⁵ values⁶. But in general I recommend⁷ my chose⁸ for everyone. The deviations of the valences⁹ are to be neglected^a.

My calculations showed that a system (quick-set), consisting of 6 sets^b with 10 reps^c each^d and a final incomplete set, gives the highest^e stimulation. Breaks^f of 20-25 seconds^g each. The constant weight has to be as high as possible for the carrying-out^h of the wholeⁱ schmeari. - Burstpump^k. Bingo!

Extending^l the breaks diminishes^m the stimulation. Henceⁿ, systems with longer breaks never reach a stimulation that high. Systems with e. g.^o 1 minute break between the sets are only counted^p set by set. Every set is merely the beginning of a new training.

Maybe someone will prove^q that this is not quite^r right, but that is just the slight^s inexactitude^t of the light. This does not change the basic statement and the calculation for the best basement.

Though my calculations show that a greater number of sets, with 5-9 reps each, generate more stimulation, I refuse^u this kittenish^v caboodle^w because of the lower effectiveness and the worse^x workability^y.

12 rechnen/eigenes

34 (kann sein), vielleicht

56 abweichende/Werte

78 empfehle/Sache

9 Wertigkeiten

a neglect: vernachlässigen

bc Sätzen/Wiederholungen

def jeweils/höchste/Pausen

gh Sekunden/Ausführen

ij whole: ganz/Kram

k Platzpump

l extend: ausdehnen

mno vermindert/daher/z. B.

pqr gezählt/beweisen/ganz

st leichte Ungenauigkeit

u refuse: ablehnen

vw verspielten Kreppe

xy schlechteren Durchführbarkeit

With more sets and a smaller number of reps per set somewhat¹ longer breaks (or sets) would have a more negative effect on the stimulation, and during² exercising³ the breaks are just measured at a rough⁴ guess⁵. Besides⁶, the breaks cannot exactly⁷ be determined⁸ as we have just an approximation⁹ flea^a. Furthermore^b, the circumstances^c may^d mandate^e deviating breaks. In addition it would take up more time. Moreover⁶, I have gotten best results with the quicky.

The training should be as short as possible. The longer it lasts^f the higher is the probability^g that the calculated stimulation is greater than the actual^h. Hence, I recommend another system (warm-up), which can be trained in a cycleⁱ of 10-14 days: 3 sets with 15 reps each, 20-25 seconds for each break. Of course the highestⁱ possible^k weight must be shaken^l. The third set is crucial^m. When reaching only 10 or more than 19 reps, the curtainⁿ has to be dropped^o or raised^p respectively^q. No fourth^r set.

In^s the^s long^s haul^s, in a 14-day-cycle, this system is, like a haughty^t blowfish^u, the best of the bunch^v. It is simple, short and sure because of only two sniffs^w. You cannot do anything dummy^x, and the devil^y of growth is tamed^z a bit. I highly recommend it for the beginning and the end of a growth phase. Especially^α asthmatics^β should prefer^φ it.

123 etwas/während des Trainings
456 grobe Schätzung/außerdem
78 exakt bestimmt werden
9a Näherungsfloh
(also: Näherungsformel)
b ferner, außerdem
cde Umstände/können/erfordern

fg dauert/Wahrscheinlichkeit
hi tatsächlicher/Zyklus
jk höchst mögliche
l shake: schütteln (Reim auf
taken)
m entscheidend
no Vorhang/drop: fallen lassen

p angehoben
qr beziehungsweise/vierter
st auf die Dauer/hochmütiger
uv Kugelfisch/Bund
wx Atemzügen/Falsches
y Teufel
zα gezähmt/besonders
βφ Asthmatiker/bevorzugen

STIMULATION, GROWTH, RECUPERATION¹

10

There is a connection between stimulation, growth, and recuperation. The higher the stimulation the greater the following growth. The growth phase is extended. Likewise² the recuperation laze³. The more the muscle is stressblessed⁴ the longer the following recuperation dais⁵ must be to give the muscle enough time for a full regeneration.

My practical experiences showed that roughly⁶ the following quicky-rule⁷ is valid⁸:

- 3-4 days major⁹ growth⁹ after stimulation.
- + 3-4 days additional regeneration and minor^a growth.
- + 3-4 days regeneration of damaged^b muscles, tendons^c, and joints^d.
- = 9-12 days.
- Subsequently^e degeneration succeeds^f.

The conventional 1-set-system, which is trained in a 1-week-beats^g, can be replaced with the quick-set-system in a 14-day-cycle. Two days for better recuperation are added to the 12 days in^h order^h to^h guaranteeⁱ a full recuperation because the same body parts^j are repeatedly^k stressed^l during the different training sections^m.

12 Erholung/ebenso	89 gültig/Hauptwachstum	i garantieren
3 Faulheit (Reim auf phase)	ab geringeres/beschädigten	j Körperteile
4 gesegnet mit Belastung	cd Sehnen/Gelenke	k wiederholt
5 Podium (Reim auf laze/days)	e anschließend, danach	l belastet
67 ungefähr/Quicky-Regel	fgh hat Erfolg/Takt/um zu	m Abschnitte

THE PERFECT PLAN

11

First and last I want you to dump¹ the ancient² view³ to do more than one exercise⁴ for a little muscle group. That is shucks⁵ and ducks. You can get a maximum stimulation with only one exercise. Point. You may change them now and then, but do not combine them in one training mayhem⁶.

As the quick-set-system has a cycle of 14 days, the following plan with an average⁷ of 10 minutes a day is the ridge⁸ of the play:

Day	Bodypart
1	Hamstrings ⁹
2	Quads ^a
3	Forearms ^b
4	Calves ^c
5	Biceps
6	Triceps
7	Back ^d
8	Chest ^e
9	* Rest ^f
10	Rear delts ^g
11	Traps ^h + front delts ⁱ
12	* Rest
13	* Rest
14	* Rest

Plan 1

1 verlassen, entledigen
2/3/4 alte Ansicht/Übung
5 Quatsch
6 Gemetzelt, Verstümmelung
(Reim: 'hem/them/then)

78 Durchschnitt/First, Kamm
(Reim: average/ridge/day/play)
9a Beinbizeps/Oberschenkel
bcd Unterarme/Waden/Rücken: Lat.
efg Brust/Pause/hintere Schultern

h Trapez
i vordere
Schultern

All exercises can be done at home with a rumble¹.

Please take² into² account² that a dumb³ dumbbell⁴ is heavier⁵ than brazenly⁶ big machine weights moved by levers⁷.

Hamstrings:

Two belts⁸ fasten⁹ the dumbbell to the foot^a. The first belt pulls^b the dumbbell towards^c the foot. The second pulls the first towards the leg^d so that it cannot slip^e. Please probe^f for it. It is a petulant^g problem child^h. Taking a machine would be worldⁱ wiseⁱ.

Quads:

Sissy-squats^k. Squats on one leg, dumbbell in the hand. Squats deep down, straddle-legged^l, muffler^m.

The muscleman-muffler is an inner tubeⁿ filled with sand. It is cut^o and the open ends are closed by adhesive^p tape^q.

Forearms:

Wrist^r curls. Palms^s down. Palms up. Please consider^t that you can use each break for throwing^u in a set with the other arm. Quickly. Short breaks.

1 Grollen (Reim: rumble/dumbbell)	Niederknien, Knie berühren
2/3/4 berücksichtige/dumme Kurzhantel	den Boden (extrem schwer)
5/6/7 schwerer/unverschämt/Hebel	Imn breitbeinig/Schal/Schlauch
8/9ab Gürtel/befestigen/Fuß/zieht	o/pq aufgeschnitten/Klebeband
cde in Richtung/Bein/rutschen	rs Handgelenk/Handteller
fgh nachforschen/bockiges/Kind	t berücksichtige
ijkl weltklug/Kniebeuge, sissy-squats:	u to throw in: einwerfen

Calves:

With one leg and a dumbbell in the other hand. Some weights are good for a base¹. A stair² offers³ a wider⁴ range⁵ of motion⁶.

Biceps:

Squatting, elbow⁷ on the thigh⁸.

Triceps:

Standing one-arm dumbbell extensions⁹. You can put together an uneven^a dumbbell so that the lighter^b weights at the bottom^c cannot slip.

Back:

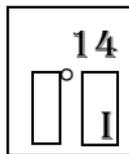
- a) Movements similar^d to T-bar^e rows^f.
- b) One-arm dumbbell rows. No bank^g. Better! The queen of all exercises. Put the elbow on the knee. Take swing and the widest range. Pull the weight to the hip^h/ buttⁱ. Asthmatics should prefer^j a).

For putting together a heavy dumbbell a special bar^k lathed^l out of brass^m or steelⁿ is needed^o. My own^p brass bone^q is 52 cm long. He is good for more than^r 64 screaming^s

12 Unterlage/Treppenstufe
3456 bietet/größeren/
Bereich/Bewegung
78 Ellbogen/Oberschenkel
9a Streckungen/asymmetrische
b leichteren (auch: Feuerzeug,
deshalb Konnotation mit

lighter: "Feuerzeug", also
gilt auch "Feuerzeuggewichte")
c/d unteren Ende/ähnlich
ef T-bar[Stange]-Rudern: eine
Langhantel an nur einem Ende
(über der Stange breitbeinig
stehend) greifen und anheben

g Ruderbank (hier: bench: Bank),
auch: Anhäufung von Objekten
hij Hüfte/Arsch/bevorzugen
kl Stange/gedreht
mno Messing/Stahl/benötigt
pqr eigener/Knochen/als
s kreischende



kilograms.

As for dumbbell T-bar rows, which I prefer, the arms should slightly¹ be straightened². That saves³ weight and takes weight off⁴ the⁵ biceps.

Chest:

Flyes⁶ on the bed with one arm, the other is needed for fixing. Push-ups⁷. Front leaning at the window⁸ sill⁹ or so. I would prefer a butterfly^a bud^b ° .

Shoulders:

Bent^c laterals^d for fear^e delts. Front^f raises^g or dumbbell shoulder presses^h for the front delts.

Traps:

Shrugsⁱ or dumbbell shoulder presses.

Remark:

Traps and front delts can be stoned^k together in a funny^l exercise: Boulder^m shoulder presses.

This plan is our finest friend. Short and sinlessⁿ. Easy ergonomic exercises without complications. Even^o movements, no load test, no injuries. 10 minutes before the shower and the duke is done.

12 leicht/gestreckt	ab Schmetterlingsknospe ("Vagina")	k gesteigert
3/45 spart/weg vom	cd vorgebeugtes Seitheben	l komischen
6 Fliegende	e Furcht (Reim: rear delts: hintere ...)	m Felsblock
7 Liegestütze	fg/h Frontheben/drücken	n sündlos
89 Fensterbank	ij Schulterheben/Anmerkung	o gleichmäßige

The following distribution is reasonable¹ too:

Day	Bodypart
1	Hamstrings, quads
3	Forearms, calves
5	Biceps, triceps
7	Back, chest
11	Shoulders, traps

Ersatz

This plan has the advantage² of several³ glee⁴ days⁴. But the long, stressing training sessions are a downside⁵, and the extended breaks between the exercises are leading to some expenditure⁶ of⁶ dime.⁶

Furthermore, ersatz has only a minor overlapping⁷ of its five growth phases. This e. g. may favor⁸ the growth of the forearms because they have not to share⁹ growth with the bigger quads, but only for one day.

I prefer plan 1, which was designed with a special logic.

Owing⁰ to⁰ the overlapping of the different growth phases, time and time again muscle groups have to share growth. Thus certain muscle groups grow better than other.

1 vernünftig	5 Nachteil
2 Vorteil	666 Verbrauch von dime(s): Zehncentstück(en)
3 mehreren	Reim: dime/time, Singular bewusst gewählt
44 Freudentagen	789o Überlappung/begünstigen/teilen/wegen

In plan 1 the front pelts¹ got a good growth groove². The calves too. Hamstrings and quads do not watch the grand things³.

Moreover, the favorableness⁴ of the succession⁵ in which the different exercises are to be executed has to be considered. The plans are according⁶ to that.

Plan 1 harmonizes with the physiques of Sergio Oliva and Arnold Schwarzenegger. They have more mass on the upper⁷ body⁸ and embody⁹ perfect harmony galore^o.

The marvelous^p Tom Platz owns legs with a tendency^q towards ascendancy^r. If you love that, be no coward^s and charge^t your own program accordingly^u.

1 Felle (R|Reim): delts/pelts)

2 Rille (Stabreim)

3 Silbensymmetrischer Aufbau:
hamstrings/grand things
quads/watch

45 Günstigkeit/(Ab)folge

6 (dem)entsprechend

78|9 Oberkörper/verkörpern

o en masse (im Überfluss),
SSA(Sylbensymmet. Aufbau):
more/galore
have more/harmony
mass/perfect
upper body/embody

p wunderbare

q Tendenz

r Vormachtstellung,

R: tendency/ascendancy
Platz/legs

s Feigling

t lade

u demgemäß,

satzübergreifender R:
love that/marvelous Tom Platz
be no coward/-cy towards
accordingly/ascendancy

EXECUTION¹

17

XX

The exercises should be executed with a xxxxxx speed² because the resulting stimulation si better than with xxxxx speed and erom weight. Approx³. 30-50% of the xxxxxx xxxxxx for one heavy repetition should od the trick. (Please fill⁴ in the right shit!)

Do not mount⁵ the seconds pedagogically⁶. Almost⁷ five breaths⁸ pause, with breathing your last⁹ breath⁹ the weight is popped^d off^a. Breathers of 20-25 seconds should do the trick. No pause longer than 30 seconds - would be b.s.^b

With correctness you can forget all injuries. The vast^c recreational value is unparalleled^d and unperturbable^e. Even an additional day for clay^f is envisionable^g. In dire^h straitsⁱ do not hesitate^j to make your tire^k straight^l.

12 days after the training, the trappings^m degenerate away with a run of 12% a day^r. After a scoreⁿ of days, the Mormon strays^s.

Your power to break the seventh set increases the weight by 2% the next quarter^o hour^t. So do 6 1/2 again and gain a pig's tender^p half to grow^u.

My humble^q dumbbell self prefers a bit heavier ter-

1 Ausführung	9 letzter Atemzug (Tod)	e nicht aus der Ruhe zu bringen
2 Geschwindigkeit	a wegbewegt,	f Lehm (Substanz für Körperaufbau, R: day/clay)
3 ungefähr	infi.: 'abkratzen'	g vorstellbar, R: -bale/-nable
4 to fill in: einsetzen	b bullshit, R:	hij/k/l entsetzlicher Not/zögern/Reifen/gerade, SSA:
5 organisieren	be/b(shit/trick)	dire straits/tire straight, do/your, hesitate/make
6 pädagogisch	c riesige	mnoq Rangabzeichen/20/Viertel/zarte/ergebnes
78 fast/Atemzüge	d unvergleichlich	r/s R: day/away/verläuft sich R: -ore of days-/ormon strays
		t//u SSA: your power/quarter hour, break/weight//SSA: so do/to grow, 6½/pig's tender half, again/and gain

rier¹ weights and a slightly lower mower² speed.
So no nerve³ hurt⁴ is in⁵ the⁵ offing⁵.

This has the further advantage that speed and weight can exactly be calibrated⁶, whereas a quicker execution generates different velocities⁷ from training to training so that the weight is too high or too low at any time.

The whine⁸ for a full set should be 10-20 seconds. My dumbbell self prefers 15-22 seconds. I am one of the slow glow-worms⁹, and I come^a off^a when the moth-show^b burns^c.

Bonus:

**Warm-up reps and quick-set reps have the same velocities.
How nice!**

1 Terrier, R: heavier/terrier

2 Rasenmäher, R: mower/lower

3/4/5 Nervenschmerz/in Sicht

R: so/no, nerve/hurt, is/in/the/offing

6 kalibriert (geeicht), SSA:

speed/actly be, and/can, weight/calibrate

7 Geschwindigkeiten

8 Jammern, R: whine/time

9 Glühwürmchen

a Erfolg haben, (vulg. "abspritzen")

bc Mottenshow/brennt

[schneller Aufstieg ins Licht und Fall der Stars]

SSA: I am one/and I come, of/off, the/the

slow glow-worms/moth-show burns

Plan 1 is the main² plan. You should always return³ to it. For 3-6 months you can choose⁴ one of the following virtualities⁵.

Plan 1 (main plan)

Day	Bodypart	Days for growth
1	Hamstrings	2 1/12 of 4 days
2	Quads	1 4/12
3	Forearms	1 1/12
4	Calves	1
5	Biceps	1
6	Triceps	1 1/12
7	Back	1 2/12
8	Chest	1 3/12
9	* Rest	
10	Rear delts	1 8/12
11	Traps + front delts	2 4/12
12	* Rest	
13	* Rest	
14	* Rest	

For your own fucking reckoning⁶ keep in mind⁷ that the muscles have different sizes. The speed of growth is important too. As the reckoning is very complicated, I did it per feeling. So it is wishy-washy:

1 Zwickmühle (Gefangensein in einer Sache)
234 Haupt-/zurückkehren/wählen

56 Möglichkeiten/(Be)rechnung
7 to keep in mind: daran denken

Plan 2

Weak¹: Chest, (back)
Strong²: Traps, shoulders

Day	Bodypart
1	Hamstrings
2	Quads
3	Forearms
4	Calves
5	Biceps
6	Triceps
7	Rear delts
8	Traps + front delts
9 *	Rest
10	Back
11	Chest
12 *	Rest
13 *	Rest
14 *	Rest

1 schwach 2 stark

Plan 3

Weak: Back, (chest)
Strong: Traps, shoulders

Day	Bodypart
1	Hamstrings
2	Quads
3	Forearms
4	Calves
5	Biceps
6	Triceps
7	Rear delts
8	Traps + front delts
9 *	Rest
10	Chest
11	Back
12 *	Rest
13 *	Rest
14 *	Rest

Plan 4

Weak: Chest

Strong: Back, shoulders, traps

Day	Bodypart
1	Hamstrings
2	Quads
3	Forearms
4	Calves
5	Biceps
6	Triceps
7	Back
8	Rear delts
9	Traps + front delts
10	* Rest
11	Chest
12	* Rest
13	* Rest
14	* Rest

Plan 5

Weak: Back
Strong: Chest, shoulders, traps

Day	Bodypart
1	Hamstrings
2	Quads
3	Forearms
4	Calves
5	Biceps
6	Triceps
7	Chest
8	Rear delts
9	Traps + front delts
10	* Rest
11	Back
12	* Rest
13	* Rest
14	* Rest

Plan 6

Weak: Biceps, triceps

Day	Bodypart
1	Hamstrings
2	Quads
3	Forearms
4	Calves
5	Rear delts
6	Traps + front delts
7	Back
8	Chest
9 *	Rest
10	Biceps
11	Triceps
12 *	Rest
13 *	Rest
14 *	Rest

Plan 7

Weak: Biceps

Day	Bodypart
1	Hamstrings
2	Quads
3	Forearms
4	Calves
5	Rear delts
6	Traps + front delts
7	Back
8	Chest
9 *	Rest
10	Triceps
11	Biceps
12 *	Rest
13 *	Rest
14 *	Rest

Plan 8

Weak: Forearms, shoulders, calves,
traps

Strong: Chest, back

Day	Bodypart
1	Hamstrings
2	Quads
3	Back
4	Chest
5	Biceps + triceps
6 *	Rest
7	Forearms
8	Calves
9 *	Rest
10	Rear delts
11	Traps + front delts
12 *	Rest
13 *	Rest
14 *	Rest

Plan 9

Weak: Forearms, calves, (back, chest)

Strong: Shoulders

Day	Bodypart
1	Hamstrings
2	Quads
3	Triceps
4	Biceps
5	Rear delts
6	Traps + front delts
7	Back
8	Chest
9 *	Rest
10	Calves
11	Forearms
12 *	Rest
13 *	Rest
14 *	Rest

Plan 10

Weak: Forearms, calves

Strong: Chest, back

Day	Bodypart
1	Hamstrings
2	Quads
3	Triceps
4	Biceps
5	Back
6	Chest
7	Rear delts
8	Traps + front delts
9 *	Rest
10	Calves
11	Forearms
12 *	Rest
13 *	Rest
14 *	Rest

Plan 11

Weak: Calves
Strong: Shoulders, traps

Day	Bodypart
1	Hamstrings
2	Quads
3	Triceps
4	Biceps
5	Rear delts
6	Traps + front delts
7	Back
8	Chest
9 *	Rest
10	Forearms
11	Calves
12 *	Rest
13 *	Rest
14 *	Rest

Plan 12

Weak: Calves, (chest)

Day	Bodypart
1	Hamstrings
2	Quads
3	Back
4	Rear delts
5	Traps + front delts
6	Biceps
7	Triceps
8	Forearms
9 *	Rest
10	Chest
11	Calves
12 *	Rest
13 *	Rest
14 *	Rest

Plan 13

Weak: Chest, (calves)

Day	Bodypart
1	Hamstrings
2	Quads
3	Back
4	Rear delts
5	Traps + front delts
6	Biceps
7	Triceps
8	Forearms
9 *	Rest
10	Calves
11	Chest
12 *	Rest
13 *	Rest
14 *	Rest

Plan 14

Weak: Quads, hamstrings

Day	Bodypart
1	Calves
2	Forearms
3	Triceps
4	Biceps
5	Back
6	Chest
7	Rear delts
8	Traps + front delts
9 *	Rest
10	Quads
11	Hamstrings
12 *	Rest
13 *	Rest
14 *	Rest

Plan 15

Strong: Quads, hamstrings, calves

Day	Bodypart
1	Back
2	Chest
3 *	Rest
4 *	Rest
5 *	Rest
6	Biceps
7	Triceps
8	Forearms
9 *	Rest
10	Rear delts
11	Traps + front delts
12 *	Rest
13 *	Rest
14 *	Rest

Plan 16

Weak: Back
Strong: Chest

Day	Bodypart
1	Hamstrings
2	Quads
3	Chest or rest
4	Forearms + calves
5	Triceps + biceps
6	Back
7 *	Rest
8 *	Rest
9 *	Rest
10	Rear delts
11	Traps + front delts
12 *	Rest
13 *	Rest
14 *	Rest

Plan 17

Weak: Quads
Strong: Hamstrings

Day	Bodypart
1	Quads
2	Hamstrings
3	Forearms
4	Calves
5	Biceps
6	Triceps
7	Back
8	Chest
9 *	Rest
10	Rear delts
11	Traps + front delts
12 *	Rest
13 *	Rest
14 *	Rest

Plan 18

No legs α

Day		Bodypart
1		Calves
2	*	Rest
3	*	Rest
4	*	Rest
5		Hamstrings
6	*	Rest
7	*	Rest
8	*	Rest
9		Quads
10	*	Rest
11	*	Rest
12	*	Rest
13	*	Rest
14	*	Rest

Plan 19

No legs β

Day		Bodypart
1		Calves
2	*	Rest
3		Hamstrings
4	*	Rest
5	*	Rest
6		Quads
7	*	Rest
8	*	Rest
9		Chest
10		Back
11		Traps + shoulders
12	*	Rest
13	*	Rest
14	*	Rest

Plan 20

Dumpy¹ duplex¹duff¹

Day	Bodypart
1	Hamstrings
2 *	Rest
3	Quads
4	Chest
5	Forearms
6	Calves + biceps
7	Back
8	Triceps
9 *	Rest
10	Rear delts
11	Traps + front delts
12 *	Rest
13 *	Rest
14 *	Rest

1 pummeliger Doppelsarsch

Plan 21

Weak: Lower back, side delts

Day	Bodypart
1	Hamstrings
2	Quads
3	Forearms
4	Calves
5	Biceps
6	Triceps
7	1) Back, 2) Lower back
8	Chest
9 *	Rest
10	1) Rear delts, 2) Side delts
11	Traps + front delts
12 *	Rest
13 *	Rest
14 *	Rest

Plan 22

Strong: Quads

Day	Bodypart
1	Hamstrings
2 *	Rest
3	Forearms
4	Calves
5	Biceps
6	Triceps
7	Back
8	Chest
9 *	Rest
10	Rear delts
11	Traps + front delts
12 *	Rest
13 *	Rest
14 *	Rest

MODULAR DUAL SYSTEM¹

41

It would be wonderful to train a mix of warm-up and quick-set. Warm-up for the strong parts, quick-set for the weak parts. This modular dual system would give us the possibility² to reach all the punchy³ pussies⁴ we ever dreamed about.

Okay, the mds is the high⁵ noon⁵ of bodybuilding. The exact calibration of two suitable⁶ systems in a 14-day-cycle plan mandates⁷ knowledge⁸ about the different growth phases as well as the different recuperation phases and the degeneration process.

My tinkering⁹ thoughts showed that the warm-up-system roughly loses^a about 30% of growth against the quick-set-system - in a 14-day-cycle. A toptimal^b value, and it enables^c us to do the overlap. For this hermaphrodite we usually use plan 1.

Bonus:

Quick-set and warm-up can be trained with the same weight. Roughly. Chickenshit^d.

1 Modulares (Modul, Baukasten) Doppelsystem	9a bastelnden/verliert
23 Möglichkeit/eindrucksvollen	b top + optimal
456 vulg.: Muschis/Höhepunkt/passenden	c ermöglicht
78 erfordert/Wissen	d triviale Details

Example for mds

Weak: Biceps, forearms

Strong: Triceps

Day	Bodypart	System
1	Hamstrings	w
2	Quads	w
3	Forearms	q
4	Calves	w
5	Biceps	q
6	Triceps	w or rest
7	Back	w
8	Chest	w
9	* Rest	
10	Rear delts	w
11	Traps + front delts	w
12	* Rest	
13	* Rest	
14	* Rest	

Example ψ for the first 6 $\frac{1}{2}$ years

- | | | | |
|----|---------------|--------------------|-----|
| 1. | Plan 1 | $\frac{1}{2}$ year | w |
| 2. | Plan 1 | $\frac{1}{2}$ year | q |
| 3. | Catch-22 (19) | $\frac{1}{2}$ year | q |
| 4. | Catch-22 (6) | $\frac{1}{2}$ year | q |
| 5. | Plan 1 | 2 years | q |
| 6. | Catch-22 (3) | $\frac{1}{2}$ year | q |
| 7. | Plan 1 | 1 year | q |
| 8. | Plan 1 | 1 year | mds |
| 9. | Plan 1 | ... | w |

Example ϕ for the first 6 $\frac{1}{2}$ years

- | | | | |
|----|--------|-----------------------|---------|
| 1. | Plan 1 | 1 $\frac{1}{2}$ years | mds (a) |
| 2. | Plan 1 | 2 years | mds (b) |
| 3. | Plan 1 | 3 years | mds (c) |
| 4. | Plan 1 | ... | w |

A, b, c are different constellations.

Example Ω for the first 6 ½ years

1. Plan 1 1 year w
2. Catch-22 3 months q
3. Plan 1 2 years q
4. Catch-22 3 months q
5. Plan 1 1 year q
6. Plan 1 2 years mds
7. Plan 1 ... w

Example for catch-22 + mds

Special case: Weak: Biceps, triceps, calves

- 1) Plan 12: 6,7: q (Rest: w). Later: Plan 16: 4,5: q
- 2) Plan 6: 4: q. Later: Plan 8: 5,8: q
Later: Plan 3: 4,5,6: q
- 3) Plan 1 (as¹ usual¹, is always okay): 4,5,6: q

How? Search for your pet² parts. Biceps and triceps. Find plan 6. Give calves a q. Then, on top of all that: Back is too strong: Plan 8: 5: q. Or Plan 4: 4,5,6: q. And: Weak: Fore-arms: Plan 8 (instead³ of plan 4). - Easy way (inferior⁴ effect, 1:2): Plan 1 (as usual): 3,4,5,6:q and 7: Rest.

1 wie gewöhnlich	3 anstatt
2 Lieblings-	4 geringerer

The inner value of catch-22 is immense. We have basic principles for millions of plans.

Cat's cradle: Catch-22 (16) and mds for fine tuning

Weak: Back
Strong: Chest

Day	Bodypart	System	a	b	c	d
1	Hamstrings	w	w	w	w	w
2	Quads	w	w	w	w	w
3	Chest or rest	w	r	q	r	
4	Forearms + calves	w	q	w	q	
5	Triceps + biceps	w	q	w	w	
6	Back	q	w	w	w	
7	* Rest					
8	* Rest					
9	* Rest					
10	Rear delts	w or q	w	q	q	
11	Traps + front delts	w or q	w	q	w	
12	* Rest					
13	* Rest					
14	* Rest					

- a) Take q for the weak parts of your shoulders. Rear delts, traps and front delts usually get a strong position for growth, so w would be okay.
- b) Chest is very strong. Forearms, calves, triceps, biceps and back are weak. Shoulders are not so bad. W for back because the position is very strong. Q for the other parts because the positions are weaker.
- c) Chest is not very strong. Shoulders are weak. Q for chest because chest has a weak position, less than one day for growth. Important: The big legs take growth off the chest.
- d) Chest is strong. Triceps and biceps are good. Forearms, calves, back, upper back and rear delts are weak. Front delts are not so bad.

Of course you can take an optional fifteenth day for rest at any position. Taking rest after the second day would give the legs a better play. - So, in this example, you get 54 plans. About 30,000 are in the lumber¹ room. Oh God, this hodgepodge² is more hobo than hollyhock. Now we are overdone.

1 lumber room: Rumpelkammer
2 Mischmasch

Two years on plan 1 with the quick-set-system in a 14-17-day-cycle tightened¹ my belt by four notches² and popped my bodyweight from 102 kg to 107 kg. I sucked³ up 0.5 kg of pure muscle mass every month and reduced⁴ my fat to a minimum. In a 14-day-cycle my body exceeded⁵ 110 kg. Speed: 0.5-1 kg/month. Height⁶: 169 cm. Fat: Minimum.

I know, that is not the done⁷ thing, but the muscles are my kids⁸. I love them. Would you ever give your kids steroids?

This spectacle requires⁹ perfect nutrition. A bodybuilder needs unbelievable^a amounts^b of nutrients^c. The general nutritional charts are just relating to vegetating humans who are undoubtedly^d degenerating. They need minimorsels^e only. Ultimately^f they are a lasting drag^g on us. Someone who eschews^h the serious and regular life of a bodybuilder has to bear the agoniesⁱ of illness^j and impotence. - The biggish podgybuilder^k has a fine life span^l of 120-150 years without tears. The enlightened can reach thousand years. The early years harbor^m no reason to ignore the laws of life for having fun. Pick up your pawsⁿ, surrender^o yourself to the tender^p of health. Live really well, or die in the hell. Give up your material mania, or life will make you pay dearly^q.

1 straffte	a unglaubliche	piggish: schweinish,
2 Löcher	b Mengen	podgy: dickspeckig
3 saugte	cd Nährstoff/zweifellos	biggish: somewhat big
4 reduzierte	e Häppchen	also: "der schweinishche große Speckaufbauer"
5 überschritt	fg letztendlich/Klotz(am Bein)	[vier Wörter zu zwei Wörtern verschmolzen]
6 Größe	hi vermeidet/Qualen	lm Spanne/hegen
7 "das tut man nicht"	j Krankheit	no Pfoten/ergib
8 Kinder	k eigentlich R: piggish body-	pq Pfleger/teuer
9 erfordert	builder (p und b Anfangsbuchstaben vertauscht)	R: surrender/tender, yourself/health
		SSA: give/will, material/dearly, mania/make

At the age of thirty, one should rather have reached such a high consciousness¹ that the soul comes already during the lifetime to a pureness which enables it, after death, to² soar² up² into the Elysian Fields to find its silence there, in the Everlasting Golden Castle. Jerusalem.

So what do you really need? To give you an idea of the quantities, I drop you some pointers³. From some nutrients I take the double of the generally needed quantity. From others I take the threefold⁴ or tenfold. From certain⁵ nutrients I take the thirtyfold or even the 200-fold.

During one of my growth phases I took up to 180 thousand units⁶ of vitamin A + 130 thousand units of carotene. More than the fourfold of the - for a normal human - deadly quantity. And this quantity was well digested⁷, what I found out thru experiments. Do not take more than 5000-20000 units of vitamin A. It is better to take carotene alone because it is harmless. Stabbing⁸ pains in the elbows, wrists, and back of the head are sure signs⁹ for an overdose of vitamin A.

Actually, everyone needs his own individual constellation of nutrients. The needed quantities are to be found out by experiments.

- 1 Bewusstsein
- 2 aufzusteigen
- 3 Hinweise
- 4 Dreifache
- 5 gewissen
- 6 Einheiten
- 7 verdaut
- 8 stechende
- 9 Zeichen

That may last decades¹ of decadence. From time to time one has to take sometimes more and sometimes less from the different nutrients. The diet has to be constant day by day. And then, by drastic increasing the quantity of one nutrient, one can find out, through a change² in the physical condition, if there was a lack³. If there was a lack, one should increase the constant quantity to a reasonable value. After a certain time, the experiment is repeated. Maybe the need of nutrients was higher or has been increased in the meantime⁴. Now and then a diminution⁵ is advisable⁶ so that lack and overdose can exactly be determined. The limits are close together.

As the nutrients work synergistically, all experiments must be repeated again and again. That lasts and lasts. Even a tiny⁷ mistake in this alloy⁸ can destroy⁹ the holy toy^a. Maybe someone finds his mistake after 10 or 20 years. Suddenly^b he gains^c tremendous^d mass because everything is in place, so the false^e labor^f brings the hidden^g ace^h.

I do not denyⁱ that prisoner-patience^j, passe-partout, and particularly^k the purse^l have to pay.

Become big. Become righteousness^m. Do not believe anything of what you are finding in certain books and magazines. The truth soundsⁿ a long way off.

1 Jahrzehnte

2 Veränderung

34 Mangel/Zwischenzeit

56 Verminderung/ratsam

78 winziger/Mischung

9a zerstören/Spielzeug

bc plötzlich/bekommt

def gewaltige/falsche/Arbeit

gh versteckte/Ass, R: Sudden-/so the, because/false, everything/labor brings, is in place/hidden ace

ij verleugnen/Gefangenengeduld

kl besonders/Geldbeutel, Wortspiel: Die

Wortlängen der p-Wörter nehmen zum Satzende hin ab, besagend, dass die Geduld als breite Basis dient, auf der das Glück entsteht; das Geld steht hinten. mn Rechtschaffenheit/klingt

Take your own life as a base and experiment. At the end a maze¹ has a nice² home - your fate³. There is no other way.

Board⁴ instruction

Four chronological main steps are necessary to find the perfect nutrition:

1. Elimination of allergic substances.
2. Flavor⁵ must be given top priority.
3. The special food value decides⁶ about incorporation⁷.
4. Supplements to round off.

Go to 1. because the conditions have changed.

- | |
|--|
| 1 Labyrinth |
| 2 hübsches |
| 3 Schicksal, SSA:
at the end/and experiment
maze/base
has a nice/life as
home/own
your fate/take your |
| 4 Kost |
| 5 Geschmack |
| 6 entscheidet |
| 7 Einbeziehung |

The Cosmic Bodybuilder has always the higher aim¹ of spiritual perfection in his eyes. One who is shortsightedly² staring³ on the muscles as an aim to strive⁴ for does not have a frame⁵-toon for life.

To be with me in spirit is the stalactitic lee⁶ for the cornucopia⁷ of life. Do not deprive⁸ yourself of this thing to sink into the life's nodus.

Live your life in honesty⁹ and truth^a. Pay attention^b to in how far the seconds of your life are penetrated^c by laziness^d or diligence^e. Do not squander^f the last what you have and what you are - your life.

Your life-work consists^g of your consciousness-work. Ever go for the highest consciousness, which lies in the silence^h of God forever.

Let consciousness penetrate your work, otherwise work would not play a role in your diceⁱ. One who works thoughtlessly like an ant^j will not reach more than an ant. Do like more, breathlessly, it works wonder.

Enlightened consciousness praises God and becomes God. God is the Cosmic Bodybuilder.

1/23 Ziel/kurzichtig starrt

4 to strive for: nach etwas streben

5 frame: Gerüst, Rahmen

toon: Mahagoniholz, SSA: short-si-

ghtedly staring/an aim to strive for as an aim/have a frame to strive for/-toon for life

67 Windschatten/Füllhorn, SSA:

mellee, stalactitic/spirit

8 berauben, SSA: do not/nodus

deprive/life, your-/into, think/sink

9a Ehrlichkeit/Wahrheit

bc Aufmerksamkeit/durchdrungen

def Faulheit/Fleiß/verschwenden

g/h besteht/Stille, SSA:

ever go for/of God forever

highest/silence

i Würfel, SSA: penetrate/play your/would not, work/work, otherwise/your dice

j Ameise, satzübergreifender SSA: do like more/not reach more, breathlessly/thoughtlessly, works wonder/one who works

The Cosmic Bodybuilder gives thanks to his body, which connects him to the material world. Sterling¹ experiences go thru the leaden² body into the transmuted³ golden consciousness - the Holy Grail. The knight⁴ of consciousness takes care of his body to the best of his knowledge and belief to drink the Holy Grail for the completion⁵ of his soul - the body of immortality⁶. Only ingratitude⁷, which is unaware⁸ of the Holy Grail, neglects⁹ the physical so that body and soul, undivided^a, will serve^b the devil. And when the kiss of bestial mankind^c waxes^d unbearable^e, untearable^f shackles^g bind them steadfastly^h to the furnaceⁱ to the end. God just smiles.

A lasting aim, an endless eternity^j, but the CosBod never gives up. Be this purest soul, open the Third Eye, let the cosmic fire flow into your soul, then be another son of the rainbow, creating sphere after sphere, everlasting monuments of God's spirit.

Just see the unconsciousness, a fancy^k flower, then a faded^l flower. The CosBod is an old, ugly tree, growing and growing, knottily^m. But then, brightlyⁿ bigger, he puts forth blossoms^o. Thousands. A colorful splendor^p of endless beauty, recurring^q over and over again, thousand years, year after year. Then the famished^r flock^s together and feast^t themselves on the fine fruits.

123 gediegene/bleiernern/umgewandelte, SSA: sterling/Holy Grail, experiences/consciousness, go/golden, through the leaden/transmuted, body/into
45 Ritter/Vollendung
678 Unsterblichkeit/Undankbarkeit/ sich nicht bewusst

9ab vernachlässigt/ ungeteilt/dienen, SSA: ingratitude/will...devil, is unaware/undivided, of the Holy Grail/so that body and cdef Menschheit/wird/unerträglich/unzerreißbare

ghi Fesseln/fest/Ofen, SSA: and when the kiss/furnace to the end bestial/steadfastly, mankind/bind them waxes unbearable/untearable shackles
jkl Ewigkeit/pompöse/verwelkte
mnop knorrig/strahlend/Blüten/Pracht
qr wiederkehrend/Ausgehungen
st strömen/gütlich tun

Fulfill¹ the inner instruction which God has given you. Trust God more than yourself. God is just another name for consciousness. Let this consciousness breathe in you. Become the servant² of God.

The material kaleidoscope is only a game of God's wisdom³. Do⁴ not⁴ become⁴ entangled⁴ in this labyrinth. When the Eternal Cosmic Sun rises in you, you see the light of God⁵. Never heard and never seen the paradise lies in front of you.

God's sublimity⁶ in you gives you the peace of your love of God.

When you are there, lonely and alone, on this mountain⁷ of consciousness, when you live there, in this purest air, and you have no aim anymore, then God reposes⁸ in you as your whole being⁹.

- 1 erfülle, SSA: fulfill/given you
 2 Diener
 3 Weisheit
 4 verfange dich nicht
 5 SSA: Cosmic/God, rises/light, in you/you see
 6 Erhabenheit, SSA: God's sub-/love of God
 you gives/peace of your
 7 Berg, SSA: when you are/as your whole
 [there, lonely/then God reposes]
 [and alone, on this mountain/have no aim anymore]
 [-ness, when you live there/in this purest air, and...]
 8 ruht
 9 Sein

Only one aim is worthwhile¹ to reach. Only one aim you can give your life for. Enlightenment². Other things have no meaning³.

God lives in you as you. Be yourself. Your peace, your fulfillment are concealed⁴ in your deepest⁵. Search for yourself.

Let your being in you reveal⁶ this peace, which gives you fulfillment. You yourself have this nature of perfection, which alone can give you this peace of God.

Fulfillment of your duty⁷, perfection of your action, eternal⁸ meditation of your soul show you God's morality⁹ of immortality.

Every moment is Providence^a. It is God. So let your soul marble^b the endless melody of God. Amen.

- 1 lohnenswert
 2 Erleuchtung
 3 Bedeutung
 4 verborgen
 5 Tiefsten, Innersten
 6 enthüllen
 7 Pflicht
 8 ewige
 9 Moral, SSA:
 meditation of your soul/show you God's morality
 R: God's morality/of immortality
 a Vorsehung, SSA, satzübergreifend:
-ry moment/soul marble the end-
 b marmorieren (durchziehen, durchsetzen), hier
 ist gemeint, dass die Seele in das göttliche
 Bewusstsein wie in eine Gussform fließt und so
 die Form des Bewusstseins annimmt.
 SSA: let your soul marble/melody of God. Amen

INTERMEZZO

55

At the dawn¹ of history I lustily² wrote lustful³ love letters.

One day the bell rings⁴. A middle-aged man claims⁵ to be a detective of the criminal investigation department. He gives me his calling⁶ cards⁶, some blurred⁷ copies, badly clipped⁸ scraps⁹. Unsightly^a. Childish^b. I ask for his badge^c. I am laughing. That all looks like monopoly.

I think he is the divorced^d man of this woman I have written some strong letters. I am sure he is a wag^e. But he insists^f that he is the detective, and I am to drive with him in his small car to the police station.

That must be a joke^g. Maybe he drives me to the most beautiful woman of the world. But he makes a turn to the main street. - A gangster! He will steal my money. He might kill me.

A small forest. My brain^h burns. A false detective. A dark forest. A dark forest. There is it, in broad daylight. The police station.

He has no office there. Hocus-pocus. He wants to give me a frightⁱ. - We enter. He greets people. They greet back.

1 Anfang, Dämmerung	7 verschwommene	d geschiedene
2 lebhaft, kräftig	8 ausgeschnittene	e Witzbold
3 lüsterne	9 Fetzen	f beteuert
4 klingelt	a unansehnlich	g Witz
5 behauptet	b kindisch	h Gehirn
6 Visitenkarten	c (Polizei)marke	i Schrecken

We arrive at his office. Yep, he is a senior detective (Kriminaloberkommissar) or something of the sort.

An ancient¹ office. A mechanical typewriter², a thing of the past. But with me he is ahead³ of his time.

He wants to know all about me. Of course I do not tell him that I am a man of mañana.

Weeks later he will search for all the partly anonymous letters I wrote to various⁴ beauties⁵.

He paid Silke a visit. They took a stroll⁶ round the block. It was cold, rainy. She went barefoot. - She is plemplem!

We laugh.

Silke

- 1 altes
- 2 Schreibmaschine
- 3 voraus
- 45 unterschiedlichen Schönheiten
- 6 Bummel

MAIN OBJECTION

57

Yes, there are different fibers¹. For anaerobic and aerobic situations. Actually, this is the starting point of my considerations².

Short³ and tall⁴ girls, they all have there charms. But the perfect solution lies in the middle, or you are in the middle of nowhere⁵.

Besides, and you should not forget it, the muscles are enormously stressed at the turning⁶ points⁶ of the movements. Every training is heavy training. The speed is crucial⁷.

As a rule the solution⁸ does not lie in the extremes. That would be too simple. God does not want that. A certain point between the extremes must be the solution. This point can be determined⁹ by laws.

“God does not dice.” - Albert Einstein.

- 1 Fasern
- 2 Überlegungen
- 3 kleine
- 4 große
- 5 Nirgendwo
- 6 Wendepunkten
- 7 entscheidend
- 8 Lösung
- 9 bestimmt

My formula does not lay claim¹ to total validity.

It is only one of many ways. The simplest. A good approximation formula, neither more nor less. The complicated, maybe unsolvable, biochemistry of the muscle cannot be grasped by the formula. But a direction of thinking gels² and elucidates³ the mysterious relation between training and growth.

The practical proof validates the rightness of the approach⁴ with the wisdom of hindsight⁵. The mds is the most productive system at all. The crucial point is that the recuperation cycle and the training cycle must coincide⁶. Only the mds complies⁷ with⁷ that.

For the first time training has a clear basis. Alterations⁸ are not necessary⁹. Is there, however, no growth in sight, and that is not unusual, the nutrition has to be improved^a.

The fitness mania, the sport addiction^b, the long training hours come to a standstill. Simplicity and gladness, yes, real healthiness and power come up.

The time-honored^c training systems collapse. It was just an attempt^d to solve bodybuilding quickly and to obtain^e possession^f of it, but it slipped through and trusted^g me alone. - Thy will be done^h. The Cosmic Bodybuilder is the victorⁱ. Gracias.

1 to lay claim to: Anspruch erheben

2 nimmt Gestalt an

3 erhellt

4 Ansatzes

5 in hindsight: im Nachhinein

6 zusammenfallen, übereinstimmen

7 befolgt

8 Änderungen

9 notwendig

a verbessert

b Sucht

c altehrwürdigen

d Versuch

e erlangen

f Besitz

g traute

h Dein Wille geschehe

i Sieger

HOBSON'S CHOICE

59

Theme:

Different bodybuilding training systems are looked at. The difference between the systems is given relating to the weights, the space of time, the number of sets and the number of repetitions. The stimulation of muscle growth is symbolized by R.

R makes it possible to compare the systems concerning the impact on muscle growth. The formula for R is deduced:

F = force (which acts in a point of the muscle)

s = way

t = time

w = work

$s_n - s_0 = \Delta s = \text{way of a system}$

$G = w_a m$

$w_a = \text{number of reps}$

m = mass of the weight

c = basis work, which is always done, even if the weight is zero

a = acceleration

$\Delta w = \text{constant value with the unit of a s}$

The units are not very important. One can agree on the unit kg^2/s for R.

A = number of systems

one set = one system

- I. A function f_n and a function g_n are existing for the system n so that follows: $F = f_n(s)$ and $s = g_n(t)$
- II. s_n
Statement: $R_a \sim \int_{s_0} f_n(s) ds = w$
- III. Statement: $R_b \sim w/t$
- IV. Connection: $R_a R_b \sim w^2/t$
With def.: $R = R_a R_b = \text{Equator}^1$
- V. Connect.: $(c = 0) \wedge (w \sim s \sim w_a) \wedge (w \sim F \sim m)$
 $\rightarrow (w \sim w_a m)$
that results in
 $w = \Delta w G + c$, for $c \neq 0$
- VI. Def.: $R = (G \Delta w + c)^2/t$
- VII. $c = 0 \rightarrow R = G^2 \Delta w^2/t$
- VIII. For the comparison² of R_n with R_{n+1} follows
 $R_n/R_{n+1} = (R_n/\Delta w^2) / (R_{n+1}/\Delta w^2)$
 Δw^2 is dropped: $R = G^2/t$ (New definition)

1 der Equator bildet zwei gleiche Teile: hier sind R_a und R_b gleichberechtigt im Produkt

2 für den Vergleich brauchen keine konkreten Werte ausgerechnet werden, eine große Hürde wird hier umgangen

IX. Addition of systems:

Def.: Σ = Sum from $n = 1$ to $n = A$.

$$G = G_1 + G_2 + \dots G_n \rightarrow G = \Sigma G_n$$

$$t = t_1 + t_2 + \dots t_n \rightarrow t = \Sigma t_n$$

$$R = G^2/t = (\Sigma G_n)^2/\Sigma t_n \neq \Sigma (G_n^2/t_n) = \Sigma R_n$$

(Attention!)

X. The formula is

$$R = (\Sigma G_n)^2/\Sigma t_n \Rightarrow R = (\Sigma (w_{an}m_n))^2/t$$

Theme:

Training a system for a very long space of time, without reaching failure, generates no stimulation. The value G_N for such a null-system has to be subtracted from G of the normal system because it is superimposed on the other. From different null-systems the system with the highest R_N has to be taken. An experiment with the biceps curl showed that one rep per ten seconds with $1/3$ of the maximal weight gives a null-system¹ with a maximum of R_N .

$$R_N = (t_N/10 \quad 1/3 \text{ max}/s)^2/t_N$$

$$R_N = (t_N/s \quad \text{max}/30)^2/t_N = G_N^2/t_N$$

max = maximal weight
s = unit for time:
second

$$\Rightarrow G_N = t_N/s \quad \text{max}/30$$

Attention!

 t_N is the time of the null-system: t_n - breaks.

Theme:

The exact formula must include the null-system. A correction for c is necessary too.

¹ Bitte nachdenken! Wir brauchen eine Näherung, ohne diese konkret herleiten zu können, also reimen wir uns was zusammen; zusätzlich brauchen wir hier einen praktischen Erfahrungswert, ein kleines Experiment, um Daten zu erhalten.

Because of the addition of systems (IX.) follows

$$R = (\Sigma (G_n - G_N))^2/t$$

and because of

$$G_N = t_N/s \quad \max/30$$

follows

$$R = (\Sigma(w_{an}m_n) - t_N/s \quad \max/30)^2/t$$

Because of c it is good to add a certain weight Δm which is a certain part of the mass of the trained limb¹. For biceps curl you can add one kg or more. Correction for c:

$$R = [\Sigma (w_{an} (m_n + \Delta m)) - t_N/s \quad (\max + \Delta m)/30]^2/t$$

This formula is valid for every training system and every muscle. If R is too little, you have to take the best parts of a system. That means you have to cut the breaks. Every break diminishes the value of R.

Logical: $R = (a - b)^2/t$ with $a > b$

End of log².

So that was that. - Sorry.

1 Glied
2 Logbuch

OH YOU, MY LIFE

63

You have trodden¹ on my foot?
Old friend, that doesn't² matter²,
today is my forgiveness³-day³.
Your mistakes are not my mistakes,
that is my pleasure⁴.
You have stolen my time?
Don't you know
that my time is endless?
Take a little bit more,
it costs me a smile.
You have overreached⁵ me?
Sure, your way is the outer,
and you only see the transitory⁶ triumph.
See, my way is the inner,
and my sure victory lasts eternally.
Oh you, my life,
you think I may be mad about you?
Not at all
because I know: The bad is good,
 and the good is bad.
Oh you, my life,
I thank you for ever
that your perfection meets my perfection.
Oh you, my life,
it is my pleasure
to be you.

1 getreten

2 spielt keine Rolle

3 Vergebungstag

4 Freude

5 übervorteilt

6 vergänglich

THE ALMIGHTY'S END

64

Silence, silence, silence.
It is done for everyone.
God is gobi¹ and the golden hamster.
God is goodness² and grace³.
Give me your hand,
I show you wonderland.

Your big eyes,
they tell no lies.
I see your soul,
I feel your heart.
Now play your role,
it is your part.

Go, catch the horizon,
and your life will never end -
begin the begin.

1 Meergrundel (Fisch)
2 hier ganz direkt: Gutheit
3 Gnade

Teacher: He is a maverick¹. [I was a dropout².]

Neighbor: Muscles, but no brain.

Teacher: Absenteeism ... 183 hours, second place.

Mother: You should have stayed with the army.

My father about bodybuilding: Are you still doing
this loony³ shit³?

Silke: Let me alone. If you need some coaching for
your asthma, pay 700 DM. Here is my bank ...

Detective: It is quite normal for you to be pervers,
so you cannot be punished⁴. Are there
any more letters?

Hedda: Preposterous⁵!

A fellow worker from the east at the conveyor belt:

You are a good worker. Here some flowers, a chocolate bar,
a dinosaur.

Arnold: ... last action hero.

...: No kissing!

Uschi in a job-seeking course from the job-centre:

We are all actors⁶.

Cashier⁷ about my 20 bags⁸ of gum⁹ bears⁹:

Have you children? ... birthday?

A passenger: ... has a bit more mass than you.

Lauging station officer on my banana:

That is ape^a bread^b. Ape bread.

Madonna: I hear your voice, it's like an angel^c sigh-
ing^d. I have no choice. I hear your voice.

[Yes, I am Madonna's little sandman.]

- 1 Einzelgänger
2 Abbrecher
3 Beklopptenscheiß
4 bestraft
5 absurd
6 Schauspieler
7 Kassierer
8 Beutel
9 Gummibärchen
ab Affenbrot
cd Engel/Seufzen

LITTLE FOREIGN CORRESPONDENT

- 4: Mañana¹: Tomorrow, at an indefinite time in the future.
- 6: Tsunami²: Tidal wave.
- 14: Duke³: A sovereign male ruler of a continental European duchy.
- 17: Mormon: Latter-day saint⁴.
- 36: α (Greek): Alpha.
- 37: β (Greek): Beta.
- 41: Hermaphrodite⁵: An animal or plant having both male and female reproductive organs.
- 43: ψ (Greek): Psi.
 ϕ (Greek): Phi.
- 44: Ω (Greek): Omega.
- 45: Cat's cradle: A game with a string on the fingers: Intricate⁶, and: Variation thru transfer.
- 46: Hobo⁷: A migratory worker.
Hollyhock⁸: Chinese herb with showy flowers.
- 49: Passe-partout: Master key: Fortune thru consciousness.
- 51: Toon: Mahogany-wood.
Stalactite: From stalaktos(dripping⁹), deposit hanging from the roof of a cavern^a.
Nodus: Knot^b: Complication.
Dice: Your life is God's plaything. You do not know his thoughts until you reach the highest consciousness.
- 52: The Third Eye is an invisible, ethereal, closed opening in the forehead.
The cosmic fire is finer than the finest substance.
- 56: Plemplem (German): Gaga.
- 58: Gracias (Spanish): Thanks.
- 59: Hobson's choice: An apparently free choice when there is no real alternative.

1 morgen, irgendwann

2 Riesige Meereswelle
(durch Erdbeben verursacht)

345 Herzog/Heiliger/Zwitter

67 kompliziert/Wanderarbeiter

8 chinesisches Kraut mit protzigen Blüten

9ab tropfend/Höhle/Knoten

THANK

67

thanks
thanks
thanks
thanks
thanks
thanks

t
h
a
n
k
s
!

Edgar Cayce, for your knowledge.

Jakob Lorber, for your word of God.

Sri Chinmoy, for your wonderful poems.

Adelle Davis, for your nutrition.

Muktananda Paramahansa, for your blue light.

Mikhaël Aïvanhov, for your wisdom.

Ramakrishna, for your divine life.

Madonna, (never) for your patience. Little beast.

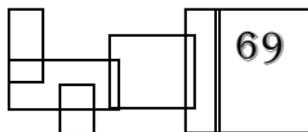
PLANS

68

Weak:

Shoulders, traps, upper back	(Page 19)	1
Chest, (back)	(Page 20)	2
Back, (chest)	(Page 21)	3
Chest	(Page 22)	4
Back	(Page 23)	5
Biceps, triceps	(Page 24)	6
Biceps	(Page 25)	7
Forearms, shoulders, calves, traps	(Page 26)	8
Forearms, calves, (back, chest)	(Page 27)	9
Forearms, calves	(Page 28)	10
Calves	(Page 29)	11
Calves, (chest)	(Page 30)	12
Chest, (calves)	(Page 31)	13
Quads, hamstrings	(Page 32)	14
Back	(Page 34)	16
Quads	(Page 35)	17
Legs α	(Page 36)	18
Legs β	(Page 37)	19
Lower back, side delts	(Page 39)	21

For 'calves, (back)' take 'calves, (chest)' and exchange chest for back: Plan 12 with 3: Chest and 10: Back.



Strong:

Quads	(Page 19)	1
Traps, shoulders	(Page 20)	2
Traps, shoulders	(Page 21)	3
Back, shoulders, traps	(Page 22)	4
Chest, shoulders, traps	(Page 23)	5
Chest, back	(Page 26)	8
Shoulders	(Page 27)	9
Chest, back	(Page 28)	10
Shoulders, traps	(Page 29)	11
Quads, hamstrings, calves	(Page 33)	15
Chest	(Page 34)	16
Hamstrings	(Page 35)	17
Duff	(Page 38)	20
Quads	(Page 40)	22

Feierabend!