

**GAINING MUSCULAR SIZE & STRENGTH  
for  
A CHAMPIONSHIP PHYSIQUE  
"Chuck Sipes Super-Seminar"**



by

**Dennis B. Weis  
The "Yukon Hercules"**

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## **About Dennis B. Weis, a.k.a. Yukon Hercules**

**Dennis B. Weis** is a Ketchikan, Alaska-based power/bodybuilder. He is a hard-hitting, uncompromising freelance professional writer and investigative research consultant in the fields of bodybuilding, nutrition, physiology, and powerlifting.

Dennis was first published over two decades ago (1976) in the pages of *Iron Man* magazine. Since that time he has become known to almost every mainstream bodybuilding/physique magazine's readership throughout the United States and Europe. The magazines that publish his articles include and are not limited to *Bodybuilding Monthly* (U.K. publication), *Exercise For Men Only*, *Hardgainer* (Nicosia, Cyprus, publication), *Iron Man*, *Muscle & Fitness*, *Muscle Magazine Int'l*, and *Natural Bodybuilding & Fitness*.

You have undoubtedly read dozens of his 100+ feature-length articles in many of the popular worldwide magazines -- under his own name and under the names of certain top physique stars and powerlifting personalities.

The credentials of this prolific writer extend beyond the scope of just writing articles, for he is the author of three critically acclaimed best-selling books: *Mass!* (1986), *Raw Muscle* (1989), and his newest release, *Anabolic Muscle Mass: The Secrets of Anabolic Reinforcement Without Steroids*.

In recognition of his writing accomplishments, he has received Meritorious Service Awards relating to all published works as a magazine consultant and published book author. In addition to these honors, he has performed Barnes & Noble and Waldenbooks autograph parties and window displays for his books. He has also been a featured guest on various radio talk shows around the country, where he shares his knowledge and experience regarding such issues as bodybuilding and the super-fitness lifestyle.

During the past two decades he has established a small but dynamic one-man business to service male and female bodybuilders, fitness buffs, and powerlifting enthusiasts of all types with very personal (one to one or mail order), and highly professional instruction on all phases of physical excellence.

He has coached literally hundreds of select clients, one of the most notable being a personal training advisor to the 1983 Miss Minnesota winner. One of the training tools he uses as a personal trainer is the revolutionary and famous Samra R.E.S.T. principle.

### **Contact Information:**

Dennis B. Weis  
P.O. Box 9485  
Ketchikan, Alaska 99901-4485  
Phone: (907) 225-4569 (non-collect)  
e-mail: yukonherc@hotmail.com

In Memory

of

Chuck Sipes  
1959 IFBB Mr. America  
1961 IFBB Mr. Universe  
1966 4th place-IFBB Mr. Olympia  
1968 IFBB Mr. World

Born August 22, 1932  
Died February 24, 1993

## A GREAT CHAMPION OF YESTERYEAR REVEALS PRO-BODYBUILDING STRATEGIES FOR WINNING CONTESTS

The mid-1960s was a very exciting time for many of us Baby Boomers (born during the Second World War) who were involved in the physical culture scene, for we were able to experience a "Golden Era" of the sport.

The "Golden Era" was a magical time on the physical culture scene where non- and amateur-competing bodybuilders alike had to rely on reasonably logical and competent training and nutritional strategies (who can forget Rheo H. Blair, the super nutrition expert, and his wildly popular milk-and-egg protein powder) for acquiring marked increases in muscular size and strength.

There was also emerging in this Golden Era a new breed of elite competing and winning bodybuilder, the *IFBB Professional*. Who can forget such legendary names as Dave Draper, Don Richard Howarth, Sergio Oliva, Harold Poole, Larry Scott, Arnold Schwarzenegger, and last but not least in the IFBB parade of champions, **Chuck Sipes**.

The late Chuck Sipes was a huge, thickly muscled man, not too tall but amazingly compact and massive. He had a ruggedness written over his physiognomy and a broad grin for everyone. He reflected a cheerful atmosphere and personal attitude wherever he went. However, when he began a workout, his concentration was so laser-focused that it was obvious to those around him that he did not want to be interrupted. It was this frame of mind that netted him contest-winning results at the elite IFBB professional level.

Now, get ready to step back into the sixties and check into the mind of one of pro-bodybuilding's best, and begin to absorb the knowledge of the training and nutrition strategies it took to win an IFBB show.

The following seminar contains exact insights and expressions from the late Chuck Sipes, a man who was deeply embedded in the trenches of bodybuilding warfare. If you ever had the opportunity to hear Chuck speak, you may recall his speech pattern and recognize his training philosophy as it is represented in the following report.

The following information is the pure truth from Sipes on the exact program he followed in preparation for the Mr. World title naturally. At the conclusion of this program, Chuck attained a peak condition where, at 5 feet 9½ inches, he weighed 220 pounds. His measurements were: arms, 19½ inches; chest, 50 inches; waist, 32 inches; thighs, 25½ inches; calves, 18 inches.

He was especially known for his massive and powerful forearms, which measured 18 inches pumped. Sipes was also enormously strong. He could bench press 570 pounds (at 220 pounds of muscular bodyweight), perform full squats with 600 pounds, and do barbell curls with 250 pounds. Here, then, is the Chuck Sipes bodybuilding seminar in which he explains his revolutionary training and nutritional philosophies that allowed him to obtain his best gains in *size*, *shape*, and *muscularity* and go on to win the 1968 IFBB Mr. World contest. He also won the subdivisions of most muscular, best arms, best chest, and best abs.



## **TO BECOME A WINNER OF A PHYSIQUE TITLE TAKES MANY MONTHS OF PREPARATION**

I planned my contest preparation for the 1968 IFBB Mr. World contest twelve months prior to entering. I feel that this is one of the most important phases toward contest training, in that one must plan his or her training far enough in advance to get their training organized and to devote every waking minute of the day toward the task at hand. As far as my training went, I trained three times per day (*Editor's note: This is the dynamic Triple-Split training principle that the top bodybuilders and weightlifting champions in the world have been using for the last few years to achieve the maximum in size and strength*), six days per week, towards winning the 1968 IFBB Mr. World contest. Being employed with the California Youth Authority as the personal weight training instructor helped me to organize my training so that I was able to train three times per day.

I would begin my daily training at around 6:00 a.m. at my home. My work for the California Youth Authority was the swing shift that began at 2:00 p.m. to 10:00 in the evening. It was here that I would get into the second

and third workout sessions for the day. My second workout of the day began immediately upon arriving at work at 2:00 p.m. being that my job was to teach weight training to the CYA youths. It was here that I would get in my second workout of the day and then between 8:00 p.m. and 10:00 in the evening I was assigned to dorm duty in which I was to be there while the young men slept for the night. It was here that I concentrated on my third and final workout session of the day.

*(Editor's comment: Before Chuck outlines his explicitly calculated training program, it is important to note that he followed the PUSH/PULL training principle where he would train his pushing muscles, e.g., pecs, delts, and triceps, on training days one, three, and five; and on days two, four, and six, he would train his pulling muscles--legs, back, biceps, and forearms. You will notice as he explains a particular exercise schedule that special attention was given to working from the largest muscle group to the smallest for the particular training session at hand. This is one of his secrets of developing SUPER-HUMAN STRENGTH.)*

## **Training Days One, Three, and Five**

### **Morning Session - 6:00 a.m.**

#### **Chest:**

I have always enjoyed bench pressing, so I would begin this particular session by doing SUPINE or *flat bench presses*. I would always warm up with, say, 135 pounds, and then gradually I work light to heavy, say, for instance, I would do two sets of 8 reps, then two sets of 4 reps, then two sets of 2 reps, and finally two sets of one single rep, working toward my best single maximum poundage for this session. (*Editor's comment: This is the famous double set/light to heavy training principle.*)

After I finished doing the two single repetitions, I would then do a SUPPORT MOVEMENT (making use of a power rack), which I feel is the only way one can gain tremendous strength. Here I would place the holding rods (*Editor's note: This is the point where the barbell is actually positioned prior to beginning the actual exercise movement*) in the power rack where the bar was positioned just below the actual arms-locked-out position in the supine or flat bench press position. I would position myself correctly on the bench and proceed to push the barbell off the holding rods to an arms-locked position. I would begin by holding the barbell at this locked-arms position of support for approximately five seconds. As my training in this exercise over the weeks and months progressed, I would add more time supporting the barbell, but never more than twenty seconds per set. Then, of course, when this became easy I would add more poundage to the bar-

bell, because the importance of this and any exercise is always to progress either by adding time upon the effort or adding poundage upon the effort. At this particular time in my training I was working toward attempting a 600-pound supine bench press, which I wanted to do at the upcoming IFBB 1968 Mr. World contest.

At the time I was training for this contest, many people believed that bodybuilders just trained with light weights and were "pumpers." I wanted to prove that not all bodybuilders trained with light weights, and, in fact, any leading bodybuilder today, in order to develop to the maximum in size, has to handle heavy poundages. I firmly believe that this one exercise [bench supports in the power rack] done for 4 sets of 5 seconds to 20 seconds each helped me greatly in developing my chest and arms to their maximum size. As far as my rest pauses between sets went, I would wait only long enough until my mind tells me that I'm ready to begin another set. I like to keep the blood flowing in the muscles while keeping up a good exercise rhythm and a good sweat during my training sessions. (*Editor's comment: It is interesting to note that sweating burns up three calories per teaspoon of perspiration.*) I really believe in sweating, and I usually wear a sweatshirt even in the warmer months of the year. After I did the supports on the bench press, I then would proceed to do some **Dead Stop Bench Presses**.

On this particular exercise, I would again make use of the power rack and reposition the holding rods from the previous exercise to a point where the barbell would be positioned approximately four inches above the chest. I would decrease the poundage just enough to where I could do from four to six reps, so that on about the sixth rep I was putting out maximum effort. I firmly believe that this exercise builds explosive power in the bench press. It gives one the ability to explode from the dead space (*Editor's comment: One of the critical sticking points in the bench press*) just above the chest.

As far as being able to tell you what poundages I used on the bench press, it would be fairly hard for me to go back that far, because I didn't record them. I always trained to the maximum on the bench press three times per week. I would always force myself to handle more and more poundage, and by doing this I was able to bring my bench press up to 570 pounds, weighing approximately 220 pounds. The dead stop bench presses were done for 4 sets of 6 reps.

From this exercise I went to **Straight Arm Pullovers** with a barbell. I believe that this exercise is tremendous for chest development and of utmost importance for rib cage development. On this exercise I would normally do three sets of 15 repetitions, and my poundages on the pullovers would run around 125 pounds. I don't believe that using heavy poundages on the pullover is the answer (toward chest and rib cage development), but the answer is to use lighter weights and keep the arms straight and stretch, stretch, stretch, and concentrate on deep breathing.

From here I would then go to **Dumbbell Flies** on a flat bench, bending the elbows slightly and again stretching, stretching, stretching. Here I would do 4 sets of 8 repetitions, then I would finish off my chest work with what I call **Around The Worlds** with dumbbells. On this exercise I would lay flat on the bench while bringing the dumbbells back in a semicircle, like a straight-arm pull over, and then swing the dumbbells out and around in a circular motion down along the sides of the body past the waist until the dumbbells are just above the thighs and groin area. Now cross the arms and cramp and squeeze the pecs. This exercise is a good flushing movement for the pectorals and really gives the chest some nice shape. On this exercise I would do 4 sets of 8 repetitions each.

From here I would move into **Dips On The Parallel Bars** with 100 pounds attached to my waist for added resistance. I would concentrate very strongly on obtaining a maximum stretch in the downward position. (*Editor's note: This exercise is not a pure pectoral developer in itself but is a multi-compound movement that works not only the pecs, but the deltoids and triceps as well, depending on the ever-so-slight positioning of the upper torso. Chuck would tilt his upper torso slightly forward when doing this exercise so as to gain that little extra in pectoral stimulation.*)

After the heavy dips on the parallel bars for 4 sets of 8 reps, I would cease using the heavy 100-pound dumbbell and begin doing bodyweight-only dips on the parallel bars starting with one repetition, rest-

ing a second or two, then doing two reps, rest a second or two, and doing three reps, moving up to 20 or 25 repetitions of these dips. I would get a tremendous pump, and this exercise was responsible for building a high degree of muscularity in the chest region. *[Editor's comment: For more information on this revolutionary training technique, we refer you to what Robert Kennedy and Dennis B. Weis said about it in their book MASS! (Contemporary Books, 1986).]*

This would take care of my morning training session for training days one, three, and five. I would then continue afternoon and evening workouts when I would go to my job.

## Afternoon Session - 2:00 P.M.

### Deltoids:

My afternoon training consisted of shoulder work, and this is the schedule I followed for a long period of time in my training for the IFBB Mr. World title. I might say here that many people change their schedules too often. (*Editor's comment: Vince Gironda, "The Iron Guru" in bodybuilding, seems to confirm this. Experience has shown him that any fewer than nine months does not let him pass through all the phases of an exercise that are necessary to formulate an opinion. He does say, however, that, any longer than nine months, an exercise becomes confusing and boring. If the new concept or exercise is of any value, it will be born in nine months.*) When I hit upon an exercise schedule that would benefit me and I was making gains, I would not change it. Sometimes I would go six and eight months on a particular system if it was working. If I followed an exercise or a total exercise schedule for a month and I saw no size and strength gains, which was very seldom in my case, then I would change my particular schedule.

I am a person who loves to train, and very seldom do I get burned out on one particular exercise. If it's working, I love it and continue to do it until I find that I'm not making the response in gains that I should.

I begin my afternoon training program with some **Behind the Neck Presses**. I will say here that most bodybuilders and strength athletes have a particular exercise that gives them problems such as pulled tendons or a

strained muscle. The behind-the-neck press affects me this way, but I believe in this exercise so I continue to perform it but using very light poundages. I begin by doing a warmup set for 12 repetitions, and then I increase the poundage slightly and do 4 sets of 8 repetitions.

I wasn't concerned that much with increasing the poundages on this exercise, but I did make an effort to concentrate on doing the reps slowly, keeping the barbell moving constantly. By doing this, I would get a deep ache in the lateral and posterior segments of the deltoid.

From here I would move on to my next exercise, the **Barbell Front Raise**. I used a shoulder-width grip, and, with the barbell hanging at arm's length against my upper thighs, I would take a deep breath and raise the barbell straight up until it was directly over my head, and then I would lower it in the reverse manner in which I had lifted it. I always took care to make sure that my elbows were locked during each and every rep. (*Editor's comment: This exercise not only develops thickness in the frontal deltoid region when viewed from the side, but it is also terrific for very necessary deltoid power in Chuck's bench press exercises.*) Again I concentrated on a full, even movement, keeping the barbell moving at a good pace but not too fast, slowly enough so that I could feel a deep muscle ache.

I might say here that many bodybuilders train in a haphazard manner. I believe they don't concentrate deeply enough into the muscle area they are

working. I think into the segment of muscle that I'm working, and I feel the effort of the muscle; in this way I can speed up or slow down the repetition cadence according to the feel of the muscle working.

*(Editor's comment: I couldn't agree with Chuck more. Doing the movement without giving thought to the muscle being worked may yield only 50-70% of its actual benefits. In other words, momentary lapses of concentration can throw off your exercise technique just enough to make you lose a rep or two or a few pounds off your exercise poundage.)*

Sometimes I would make bio mechanical changes in this exercise. Some days I would do it standing, and other days I would do it sitting in a chair with my back in full contact with the back of the chair. This really isolated the movement where it stopped any bending at the waist. On this exercise I did 4 sets of 8 repetitions.

From here I went on to the **Dumbbell Lateral Raise**. I would do this exercise while seated on a bench. The dumbbells are held firmly (arms hanging at my sides) with the little finger side of the hand against the inside dumbbell plate the dumbbells are then raised with semi-stiff arms *(Editor's comment: There is just an ever-so-slight bend in the elbow region, just enough to take any stress off this vulnerable joint area)* directly to the side of the body, to shoulder height. At this point the shoulders drop a few inches, and here I would make a concentrated effort to rotate my hands slightly so that the front of the dumbbell is lower than the back of the dumbbell. *(Editor's comment: This is much like pouring water from a cup.)* The move-

ment up to this point built razor-sharp delineation and roundness in lateral or side portions of my deltoids. I would continue the movement in an upward fashion until the dumbbells were well past my ears and in fact at arm's length over my head. At this position I would make an effort to rotate the dumbbells so that they would touch together in this overhead position. I would then lower the dumbbells in the starting position. *(Editor's comment: Doing the dumbbell laterals up to the position of shoulder height and in the manner described by Sipes works the medial or side delt segment and is responsible for creating that visual yard-wide look to his shoulders.)*

On these particular shaping exercises I never try to cheat the weight up, nor do I handle too heavy of a poundage. I always train to the maximum, but I keep the poundage at a level that allows me to feel the particular area (segment) of the muscle I am trying to develop. If a bodybuilder does these shaping exercises in this particular way, they will get much more benefit out of it. On this exercise I did 4 sets of 8 reps.

*[Editor's comment: Some experts on exercise technique might question the rationale or manner in which Sipes does his dumbbell laterals as previously described. These experts in "only one way to lift" will point out that, after the dumbbells go beyond shoulder to arm's length overhead, the trapezius muscle becomes actively involved in the exercise movement. To a certain degree they are correct, because the trapezius muscles do assist in the overhead position by pulling the deltoids closer to the head; but this seems to give Chuck that little extra in focus and peak contraction of the deltoid muscles. To prove that this*

*statement is truth and not just theory, we remember hearing about some scientific studies that were conducted by a Japanese Olympic weightlifting team physician and a coach of the team. The studies were done with electromyograms, a device that records muscle activity (shows which muscles are working but does not indicate strength output). The electro myographic studies showed that, while two or more lifters could use the same exercise style in exactly the same way, there were great individual differences in the way certain muscles were brought into play during the same stage of the lifts. For example, it is generally thought that the deltoids function best when movements such as dumbbell lateral raises begin from 45 degrees from the sides of the body and to an arch of 45 degrees above shoulder level. In Chuck Sipes' case, this was not true, and deltoid activity continued well on to the arms- overhead position in the dumbbell lateral raises. These cited differences are probably due to the anatomical structure of the skeletal system of bone length, muscle origin/ insertion, and length of the muscle bellies, etc.]*

From the dumbbell laterals, I went to my final deltoid exercise, the **Standing Military Press**. I would do the military press from a power rack (or set of squat stands), beginning the actual movement at shoulder height. I was tired from doing the other shoulder exercises leading up to this exercise, and by doing the military press from a power rack, I could devote more effort to the actual press movement itself instead of having to clean the barbell from a bench or from the floor. I would do this particular exercise for 4 sets of 8 repetitions. My pressing movements were slow and deliberate with no back bend, thus making the shoulders

do the work.

*[Editor's comment: it was always a joy to observe the strictness with which Chuck did his military press movements. He would take a shoulder-width grip on the bar, but not much wider. His elbows were spread out to the side and the wrists relatively straight. His feet were approximately shoulder-width apart and parallel to each other, with his body balance on the balls of his feet rather than centered toward his heels. He would lock his knees, making sure that his back was flat and that his hips were lined up with his back. Now it was time for Sipes to begin the press. He would press the barbell off the clavicular portion of his chest in a rapid manner with his deltoid and arm strength only.*

*He made sure that he didn't cheat during any range of the pressing movement by wedging or bowing (bringing hips forward). This particular technique seems to shorten the height of one's actual physical structure so that the arms bypass certain sticking points. This takes away from developing maximum size and strength in the deltoids, as would arching the back, and Chuck didn't want this to happen.*

*Chuck would continue to drive the barbell up, keeping it as close to his face as possible, never looking up or down but straight ahead, pressing the barbell to a complete locked-out position overhead. The reason Chuck never looked down when doing the movement was to ensure that his balance was correct at all times. To look down could cause the upper back to hyperextend, which is extremely dangerous. Chuck would use some enormous poundages on this exercise, and it was his experience that it*

*is best to do this exercise standing rather than seated. If by chance the barbell got out of the pressing groove where he wasn't in complete control of it for a millisecond, he had a better-than-average chance of saving the rep by making a subtle but necessary change in his body position. This would be extremely difficult to do in the seated version of the military press.]*

This took care of my deltoid training, and I then rested for approximately four hours before I started my third and final workout session of the day.

## Evening Session - 8:00 P.M.

### Triceps:

One exercise that I do and fully believe in is the **Lying French Press**. This is my favorite exercise, and one that I put full, concentrated effort into. I would do this movement by lying flat on my back on an exercise bench. If the bench did not have upright supports that would hold a barbell, then I would try to use a bench that was only six or so inches in height off the floor. This low bench would allow me to lift the barbell off the floor and into the lying triceps starting position without hurting myself. Assuming that the bench has upright supports, I would then reach up and grasp the barbell, taking a grip that was three to five inches apart from the center of the bar. (*Editor's comment: Chuck would use an EZ curl bar from time to time rather than a straight bar. This would help to eliminate elbow and triceps injury due to its improved mechanical leverages.*)

From here I would lift the barbell off the upright supports to an arms-locked position over my chest. I would then slowly lower the barbell to my forehead, making sure that my upper arms did not move and my elbows remained high and pointed toward the ceiling. Do not bounce the barbell at this low forehead position. Now, with the power of my triceps, I would extend and lock my arms out to the beginning over-the-chest position.

*(Editor's comment: Some body builders will do a "6-6-6" set where they will lower the barbell behind the head, touching the flat part of the bench for six reps; then they will do six reps to the forehead; and then a final six reps bring-*

*ing the barbell down to the chest in a close-grip bench press fashion.)*

On this exercise I used the double set/light-to-heavy training principle that I spoke about earlier for the flat bench presses. The same rep and set scheme was used here. (*Editor's comment: Chuck might use 80-85% of his one-rep maximum in this exercise for two sets of eight reps; 90% for two sets of four reps; 92-95% for two sets of two reps; and anywhere from 95- 97% for two sets of one rep each.*)

From the lying French press, I moved on to the **Dumbbell Triceps Extension**, again lying supine or flat on my back on a bench. Here again I worked up to some heavy poundages, doing 4 sets of 6 reps. I moved on then and did the **Triceps Kick Back** with a light barbell for 4 sets of 10 repetitions. I would grasp the barbell behind my back and bend forward at the waist until my upper torso and my lower torso made a 90-degree angle. My arms with the barbell from the elbow to the deltoid should remain as stationary as possible during the movement, just as if they were glued to the side of the body. Now I would drive the barbell backwards until it was above my lower back.

Having completed these three triceps exercises, this took care of my training day. I would like to add here that, during my training for the Mr. World contest, I worked my abdominals every training day. I would begin my abdominal training by doing 50 situps with bent knees on an incline situp board. Then I would go and do some side bends and

front bends, while holding a broomstick behind my neck. On these two exercises I would do 50 repetitions each. I would do these exercises fairly rapidly, making sure to blow or expel all the air out of my lungs on the contraction phase of the movement and at the same time tightening the waist.

After these exercises were completed, I then went back to bent-knee situps on a rather steep incline and would do 2 sets of 12 repetitions while holding a 25-pound barbell plate behind my head. This was one of my favorite abdominal training sessions for keeping the outer layer of fatty tissue off my waist and keeping the abdominal muscles in sharp focus. Here I would also mention that this particular routine was not to develop and to get a high degree of abdominal sharpness, because, a year or so prior to my Mr. World training, I did a much more ingenious workout for the abdominal region that brought out the absolute in muscularity that I was happy with. From then on it has only been a matter of maintaining that degree of abdominal muscularity through an abdominal maintenance program such as the one outlined above. *(Editor's comment: I have an audio cassette interview with Chuck Sipes on his "special" one-year abdominal specialization program that I will be preparing as a report in the near future.)*

## ***Training Days Two, Four, and Six***

### **Morning Session - 6:00 A.M.**

#### **Legs:**

The first exercise I would do on my leg training day was the ***Standing Calf Raise*** for 4 sets of 50 repetitions. I'd like to explain now how I do my calf raises. The first 15 reps in a set are done from the maximum down-stretch position, then I raise my heels to halfway of maximum height position. The next 20 reps in the set are done from the maximum down-stretch position to maximum height where the soles of the feet are perpendicular to the floor. The final 20 reps in the set are done in the maximum height position (feet perpendicular to the floor) with a bounce, which is a type of partial cramping or burn movement. At times I will vary my foot position where I will point my toes out and heels together to work the inner calf. (*Editor's comment: Chuck always made sure to put all of his pressure on the ball of his foot and big toe when in this position.*) At other times I will turn my toes in and heels apart to work the outer calf. (*Editor's comment: It is in this position that Chuck would put all his pressure on the outer edge of his foot near the little toe.*) Finally, there were other times when I would simply do the standing calf raise where my feet from heel to toe were parallel.

I rested only long enough between each of the four sets for the lactic acid burn deep inside the calf to go away and until the pump goes away slightly. Then I go back to the standing calf machine and hit another set. (*Editor's comment: This technique in calf training might well be termed "The Multi-Positional Quad-50 Routine for Bigger Calves."*)

From the calves I would go to the ***Barbell Back Squats***. The squat to me is one of the most beautiful exercises for leg development. I have been doing full squats since I was about sixteen years old. I use the squats for building leg power and muscular leg bulk. Here again I will do the double set/light-to-heavy training principle. I will do one warm set with a very light poundage of, say, 135 pounds, and then I go to two sets of eight reps, add poundage, then I do two sets of six reps, add poundage, and a final two sets of four reps. About once a month I'll peak out with some max single reps just to see how my strength is coming along. In any of the strength-building exercises, be it squats or bench presses or whatever, I try to add poundage whenever possible. Not necessarily a great deal of poundage, but I am always trying to progress in my strength training over the months of contest training. (*Editor's comment: due to the length of Chuck's seminar, I do not have the scope and space necessary to detail all of the precision techniques that he used in many of the following exercises he will be talking about.*)

One of the most important tips in squatting is to make sure that the shins move forward during the decent squat. This will place the weight on the instep or middle of the foot and thus allow you to squat more upright. If the shins are not allowed to move forward, it can cause you to bend over greatly just to keep the weight over the instep. Strong abdominal and spinae erector muscles

will help keep your back from humping.

Here's a tip for coming out of the bottom position of the squat. Begin the drive out of the bottom by first leading with your head and chest, and bring the shoulders to the rear, then flex your knees, hips, and ankles. If you try pushing with your legs first, your glutes [rear end] will raise first, which in turn will force you to bend over, and this will place the weight of the barbell over your knees and greatly diminish your leg power.

Continuing my morning leg workout, I would do **Leg Extensions** for 2 sets of 40 reps and **Leg Curls** for 3 sets of 12 reps. These two exercises were done to develop a higher degree of definition in the thigh area. Keep up a good exercise tempo on these two exercises, working for a deep burn and ache in the muscle.

This concluded my training session in the gym. I then went outside and sprinted for 15 minutes. I would jog and then do a fast sprint and then walk and then do a fast sprint, etc. I believe in sprinting for getting the fine edge in definition into leg development. Also, I believe in riding a ten-speed bicycle for getting that final peak of development and muscularity in the thighs and calves.

This took care of my morning training schedule, and it was after this that I would normally lay out and work on my tan. Usually this was done for an hour, say, one-half hour on the front part of the body and one-half hour on the back side. I might say here that the key to getting a golden tan for a contest is not to try to do it in the last two weeks before a contest. Try to work on your tan all year around. I usually use the hour in

the sun to do some studying and reading.

## Afternoon Session - 2:00 P.M.

### Lats:

My afternoon training schedule consisted of developing and increasing the width of the lats. I began by doing **End-of-the-Bar Lat Rowing** for 3 sets of 12 repetitions. I would do this exercise by placing one end of an empty barbell bar in a corner or against an object, which would keep it in place. I would load up the other end of the bar with enough barbell plates to get 12 reps per set. Next I would straddle the bar and bend down until my upper back was parallel to the floor and at the same time kept a slight bend at the knee joint. I would grasp the bar just behind the plates (it can be done with one arm or two), took a deep breath, and pulled the bar with all my lat strength until the edge of the barbell plates touched the middle of my chest. Then I reversed direction and slowly lowered the barbell to the starting position and exhaled. This was the first rep of twelve. I would concentrate very deeply on getting the stretch in the downward movement and concentrating on getting a smooth movement to the high row of the exercise. To get the zenith development in the lat area, one must again concentrate not only on the movement but especially on the stretch of the exercise. The more I learned how to stretch and relax in the lower stretching area, of course, the better my lat development became.

After completing three sets on this exercise, I moved on to the **Lat Machine Pulldown**, which I did for 4 sets of 12 repetitions. I would reach up and grasp the bar with as wide a grip as possible. I

would now pull the bar down as far as possible behind my neck. I would never allow my elbows to drift backward; actually, they should be digging into the sides of the rib cage at the completion of the downward pull. *(Editor's comment: It looked to me as if Chuck was trying to squeeze an apple between his shoulder blades during this segment of the movement. . . . Looking at Chuck's barn door lat spread, you just knew that he was getting maximum muscle contractions out of each and every rep. One way to accomplish this is to hold the contracted lat position behind the neck on the final rep of each set for a six-second count.)*

My next exercise is **Lat Stretches** hanging from a pull-up bar. This is one of my favorites, and I firmly believe it is the key to overall lat development. I would do this exercise for 4 sets in the following manner: I put up some nylon slings (the type that scuba weight belts are made from) on the rafters in my garage. I put them as far apart as possible, but not so far apart that I couldn't loop my wrists through them. This would assure me a maximum stretch. Next I would stand on a stool with a 100-pound dumbbell attached around my waist. I looped my wrists through the nylon slings. From this position I would step off the stool and lower myself to a dead hang position. I would just hang there and let the extra hundred pounds of weight and wide grip stretch me out almost to a crucifix position. Then I would struggle to pull myself up as far as possible and then lower back down to the full stretch, letting that extra hundred

pounds pull me to the zenith. After this was completed, I would get positioned back on the stool and ready myself for the next set.

This took care of my afternoon training schedule.

## Evening Session - 8:00 P.M.

### Biceps and Forearms:

I have always enjoyed arm work, so this was one of my favorite times in the evening to concentrate on probably one of the most influential muscles in the whole body, the biceps. I started with some **Heavy Cheat Curls** with a barbell. Sometimes I would use the EZ curl bar, and other times I would use just a straight bar. I did six sets of these using the double set/light-to-heavy training principle, doing 2 sets of 6 reps, add poundage, 2 sets of 4 reps, add poundage, 2 sets of 2 reps. As you will notice, I use this light-to-heavy type of training in most of the large muscle areas before going on to some of the higher repetition and shaping exercises. I went on to the preacher bench and did **Preacher (Scott) Curls** for 4 sets of 10 repetitions each. I would always do this exercise slowly, always using enough poundage so that on the 10th rep of a set I was really fighting it out.

After the Preacher Scott curls, I moved on to the **Dumbbell Three-Way Curl** for 6 sets of 8 reps each. I did the first double set in a seated dumbbell concentration curl fashion, with the palm facing in as if you were doing them in a thumbs-up or hammer curl fashion. The next set was done again in seated dumbbell concentration curl style and the palm facing up, curling the weight until it touched the front of the deltoid. The final double set is very similar to the last one, only your curling hand touches the opposite armpit.

After I finished all six sets of the dumbbell three-way curl, I moved on to **Barbell Wrist Curls**, doing 4 sets of 15

reps. I did two sets with the palms up as follows:

Palms--four inches apart from the center of the exercise bar. When I was seated, I made sure that my hips were slightly higher than my knees. The elbows and forearms were placed along the tops of the thighs. I would make an effort to lean forward until there was less than a ninety-degree angle between the biceps and fore arms. This would really help isolate the flexors in the forearms. Now I would raise and lower the barbell by wrist action alone. After I completed the two sets with palms up, I would then do two sets with palms down in the manner described, but this time working the flexors or back of the forearms.

This was the final exercise in my training for the 1968 IFBB Mr. World contest.

## Training Philosophy & Diet

What I would like to do now is talk about my training philosophy in preparation for the Mr. World contest. First of all I might say that I came to every workout full of enthusiasm and knowing that I must put full effort into each set of every exercise in order to get my body into the best shape of my life. I didn't ever hold anything back for, say, the evening workout or the upcoming A.M. workout the next training day. I did my training in full confidence knowing that I would win this contest at age 36. I knew that, unless I trained in this manner, I might get beaten. I have always said that, if I am going to train for a contest, I'm going to put full and complete effort into my training, which in this case was for a period of one year. If I am going to do something, no matter what it might be, I want to do it well; and, to be honest, I don't like to lose. I enjoy being a winner, I guess like most people. I felt that I had the will and determination to just train a little harder and put a little bit more into my training. I think this is the real key to success in bodybuilding or in any other venture in that you get out of it what you put into it.

Bodybuilding has been good to me. I've been able to travel throughout the world and meet people from different countries with the same interests in health and physical fitness. I put my complete life into winning, so I figured that every waking moment of the day, whether it be getting a tan or training hard or eating good, nutritious foods and taking in some good supplements, this was the only way to accomplish my goal; but it couldn't all be hard work. I believe that good relaxation is just as important

as training hard, so when I was relaxing I'd put all the competitive spirit aside for that period of time and just forget about the training.

I have never neglected my family or my wife. Someone asked me about my diet. Looking back to my diet, I have never really followed a strict diet, so to speak, as far as having to follow a strict menu. What I have always tried to do is eat nothing but whole some nutrition-packed meals. I have never in my life that I can recall, since high school, ever eaten any type of junk foods. I have always tried to eat nothing but natural-type foods while training for the Mr. World contest. Number one, I figured I would have to eat foods that were high in energy, because it was 1968 at the age of 36 that I was able to reach the zenith as far as my physique and strength development went. My bodyweight was up to the highest it had ever been at 220 pounds. It was at this new bodyweight that I was able to bench press 570 pounds.

My daily nutritional program that I use in my one year of preparation for the Mr. World contest looked like this: When I got up in the *morning*, I would eat a good breakfast of, say, four eggs scrambled with cheese grated on top, some whole grain cereal, two pieces of whole wheat stone-ground bread with honey, one glass of milk, one glass of fresh fruit juice, and a dish of fresh fruit. About 15 minutes after breakfast I would take a vitamin/mineral tablet, 1500 mg of vitamin C, two papaya tablets, and one teaspoon of wheat germ oil.

*Mid-morning* would roll around, and at this time I would have some fresh fruit and raw almonds (natural). At *noontime* I would have a glass of fresh fruit juice and a handful of raw sunflower seeds along with a green salad and two peanut butter or tuna sandwiches on whole wheat bread. I would wash this lunch down with two glasses of milk. At this time I would also take more of my supplements, two B-12 tablets and two liver tablets, plus one teaspoon of wheat germ oil and, of course, two papaya tablets. Around *mid-afternoon* I might have some raisins and raw peanuts along with an apple or orange, or I might just mix up a health and bulk blender drink. This drink consisted of one or two cups of milk, three raw egg whites, three tablespoons of Tiger Milk powder, two teaspoons of blackstrap molasses, two tablespoons of mountain honey, one tablespoon of Ovaltine® powder, one medium banana, and a scoop or two of natural ice cream.

At *supper time* I might have some steak, beef hamburger, or fish. Along with this I would have one serving of a green salad, brown rice, some whole wheat bread with a couple pats of butter, and some tea with honey. To top off my meal I might have some natural ice cream.

Now, just before *bedtime* I might have a big glass of fresh orange juice and a handful of sunflower seeds. At other times I might once again mix up the health and bulk blender drink.

Many people have asked me over the years how I could drink so much milk and still maintain a high degree of muscularity. I guess my metabolism has always been on a high key, because even on the day that I entered the Mr. World contest, I drank three quarts of milk. Many people

don't believe this, but it is the truth. I have always been able to eat more or less whatever I wanted to. I'm not saying that I eat any kind of junk food or anything like that. I really believe that I'd drink four or five quarts of milk a day and still maintain a high degree of muscularity. I do believe in milk, and I feel it is one of the best foods for strength and for gaining size. After all, when you're training very, very hard like I was, you're burning off many calories, and you have to have some good energy foods to develop a high degree of strength.

Another thing that I ate quite a bit of at times was all different kinds of nuts--cashews, raw peanuts, sun flower seeds, raisins, and dried fruits. As far as the types of supplements I was taking, I always took wheat germ oil. I would always buy a soybean protein product. (*Editors comment: it is interesting that Chuck would speak about soybean products. One of the best soybean products I know about is Mori-Nu® TOFU, which is a soybean curd that does not require any refrigeration until it is opened.*)

I would also take a natural vitamin and mineral tablet formulation and some desiccated liver tablets and papaya tablets. I would also eat honey by the tablespoonful at least three times a day. I might say here that I have always been one who has had a hard time gaining weight, so I really had to work at this particular phase of my training. This, of course, is why I was taking in some sort of nutrients six times a day instead of three. Training my body as I did three times a day and six days a week, it was necessary for me to get at least eight hours of sleep a night in order for my body to recuperate for the next day's workout.

*(Editor's comment: This final statement from Chuck Sipes concluded his bodybuilding seminar. I challenge you to make some comparisons of Chuck Sipes' knowledge on training and nutrition with the bodybuilding superstars of today. I am sure that you might agree that he was years ahead of his contemporaries in his natural approach to physique contest preparation. For those of you who wish to learn more about Chuck Sipes and his training methods, the following resources will be helpful.)*

**Note:** Editor's Comments by Dennis B. Weis.

***Stay flexed!***

***Highly Recommended Reading:***

**CHUCK SIPES**  
**"Mr. America," "Mr. Universe," "Mr. World"**  
**Bodybuilding Courses**

**Book 1: How to Plan Your Bodybuilding Training** - Plenty of frank and important training ideas and discussions for planning your own bodybuilding routines.

**Book 2: Preparation for Physique Competition** - Getting ready begins many months in advance. Details on diet, exercise, posing, to aid you in winning tough contests.

**Book 3: Training for Strength** - Super strength takes a certain kind of training. Here is a complete program telling how I developed my Herculean strength and physique.

**Book 4: How to Perform Feats of Strength** - You can learn how to perform the very same amazing strongman feats of strength that I do myself at shows all over the world.

**Book 5: Chuck Sipes Photo Album** - Learn posing ideas from beautiful photos that tell their own stories; a picture is worth a thousand words. A great souvenir photo album!

**Book 6: About the Man--Chuck Sipes:** Read a biography about the man, Chuck Sipes-- his life, his climb to the top, his family, and many other interesting highlights.

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# CHUCK SIPES PUSH/PULL-TRIPLE SPLIT WORKOUT GUIDE

## *Days 1-3-5*

### **Workout #1 (6:00 A.M.)**

#### **Chest:**

- ⇒ Lying Flat Barbell Bench Press:
  - 2 sets 8 reps
  - 2 sets 4 reps
  - 2 sets 2 reps
  - 2 sets 1 rep
  
- ⇒ Lying Barbell Bench Press Rack Supports
  - 4 sets 5 to 20 seconds
  
- ⇒ Lying Flat Barbell dead Stop Bench Press
  - 4 sets 4-6 reps
  
- ⇒ Barbell Straight Arm Pullovers
  - 3 sets 15 reps
  
- ⇒ Lying Flat Dumbbell Around The Worlds
  - 4 sets 8 reps
  
- ⇒ Parallel Bar Dips w/Weight
  - 4 sets 8 reps
  
- ⇒ Bodyweight Only Parallel Bar Dips
  - As described in text 1-25 reps

### **Workout #2 (2:00 P.M.)**

#### **Deltoids:**

- ⇒ Barbell Behind-the-Neck Press
  - 1 set (warm-up) 12 reps
  - 4 sets 8 reps
  
- ⇒ Barbell Front Raise
  - 4 sets 8 reps
  
- ⇒ Seated Dumbbell Lateral Raises
  - 4 sets 8 reps

⇒ Standing Military Press Off Rack  
4 sets 8 reps

**Workout #3 (8:00 P.M.)**

**Triceps:**

⇒ Lying Flat Barbell French Press  
2 sets 8 reps  
2 sets 4 reps  
2 sets 2 reps  
2 sets 1 rep

⇒ Lying Flat One-Dumbbell Triceps Extension  
4 sets 6 reps

⇒ Standing Barbell Triceps Kick Backs  
4 sets 10 reps

**Days 2-4-6**

**Workout #1 (6:00 A.M.)**

**Legs:**

⇒ Standing Calf Machine Heel Raises  
4 sets 50 reps

⇒ Barbell Back Squats  
1 set 12 reps  
2 sets 8 reps  
2 sets 6 reps  
2 sets 4 reps

⇒ Machine Leg Extensions  
2 sets 40 reps

⇒ Lying Machine Leg Curls  
3 sets 12 reps

⇒ Sprints (outdoors) 15 minutes

**Workout #2 (2:00 P.M.)**

**Lats:**

- ⇒ End-of-Bar Lat Rowing  
3 sets 12 reps
- ⇒ Behind Neck Lat Machine Pulldowns  
4 sets 12 reps
- ⇒ Hanging Lat Stretches  
4 sets as described in text

**Workout #3 (8:00 P.M.)**

**Biceps:**

- ⇒ Standing Barbell Cheat Curls  
2 sets 6 reps  
2 sets 4 reps  
2 sets 2 reps
- ⇒ Barbell Preacher (Scott Curls)  
4 sets 10 reps
- ⇒ Seated (3-Way) One-Dumbbell Concentration Curls  
2 sets (hammer curl style/thumbs up) 8 reps  
2 sets (palms up) 8 reps  
2 sets (dumbbell touches armpit) 8 reps
- ⇒ Palms Up Barbell Wrist Curls  
2 sets 15 reps
- ⇒ Palms Down Barbell Wrist Curls  
2 sets 15 reps