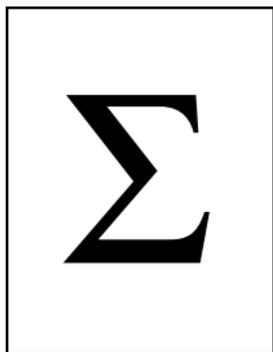


**The
Bodybuilding
Equator-Formula**



Jens Oehmichen

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Reading on one's own risk

THE
BODYBUILDING
EQUATOR-FORMULA

-

THE GRACE OF BODYBUILDING.
PHYSICAL AND SPIRITUAL
PERFECTION.

mañana

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THE FORMULA

Simply said the formula is muscle stimulation = work x power. The conventional opinion merely to look at the power is not sufficient for a complete description of a relation between training and stimulation. The holy work which is done during the training should not only be taken for the calculation of the power but has also to flow as another component into the observation tower.

Hey, it is a difference if someone lifts a weight one or two times. The formula stimulation = power, however, calculates the same worth in either case. If the second repetition is more slowly executed, a lower power will be the result. This is starkly contradictory as two repetitions will surely generate more stimulation than only one.

The conventional wisdom, that a maximum lift would give a maximum result, cannot be true. With a single heavy movement only little work is earned. Several repetitions with a lighter weight increase the work with a vengeance so that the product of power and work can reach a tsunami.

Hence, the philosophic, rational principle is as follows: The stimulation is connected with the muscle's ability 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 in muscle-land to measure the muscle's ability with the product of power and work.

During the different activities of the muscle, its ability is not always totally exploited. The activity with the highest product value renders the highest exploitation and thus the highest stimulation.

TRAINING

Of course everybody has to reckon out his own optimal training. May be one is going to find deviating values. But in general I recommend my chose for everyone. The deviations of the valences are to be neglected.

My calculations showed that a system (quick-set), consisting of 6 sets with 10 reps each and a final incomplete set, gives the highest stimulation. Breaks of 20-25 seconds each. The constant weight has to be as high as possible for the carrying-out of the whole schmear. - Burstpump. Bingo!

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

Maybe someone will prove that this is not quite right, but that is just the slight inexactitude 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 this kittenish caboodle because of the lower effectiveness and the worse workability.

With more sets and a smaller number of reps per set somewhat longer breaks (or sets) would have a more negative effect on the stimulation, and during exercising the breaks are just measured at a rough guess. Besides, the breaks cannot exactly be determined as we have just an approximation flea. Furthermore, the circumstances may mandate deviating breaks. In addition it would take up more time. Moreover, I have gotten best results with the quicky.

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

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

STIMULATION, GROWTH, RECUPERATION

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There is a connection between stimulation, growth, and recuperation. The higher the stimulation the greater the following growth. The growth phase is extended. Likewise the recuperation laxe. The more the muscle is stressblessed the longer the following recuperation dais must be to give the muscle enough time for a full regeneration.

My practical experiences showed that roughly the following quicky-rule is valid:

- 3-4 days major growth after stimulation.
- + 3-4 days additional regeneration
and minor growth.
- + 3-4 days regeneration of damaged
muscles, tendons, and joints.
- = 9-12 days.
- Subsequently degeneration succeeds.

The conventional 1-set-system, which is trained in a 1-week-beat, 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 order to guarantee a full recuperation because the same bodyparts are repeatedly stressed during the different training sections.

THE PERFECT PLAN

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First and last I want you to dump the ancient view to do more than one exercise for a little muscle group. That is shucks 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 mayhem.

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

Day	Bodypart
1	Hamstrings
2	Quads
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 1

All exercises can be done at home with a rumble.

Please take into account that a dumb dumbbell is heavier than brazenly big machine weights moved by levers.

Hamstrings:

Two belts fasten the dumbbell to the foot. The first belt pulls the dumbbell towards the foot. The second pulls the first towards the leg so that it cannot slip. Please probe for it. It is a petulant problem child. Taking a machine would be world wise.

Quads:

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

The muscleman-muffler is an inner tube filled with sand. It is cut and the open ends are closed by adhesive tape.

Forearms:

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

Calves:

With one leg and a dumbbell in the other hand. Some weights are good for a base. A stair offers a wider range of motion.

Biceps:

Squatting, elbow on the thigh.

Triceps:

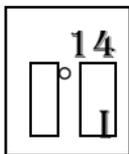
Standing one-arm dumbbell extensions. You can put together an uneven dumbbell so that the lighter weights at the bottom cannot slip.

Back:

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

For putting together a heavy dumbbell a special bar lathed out of brass or steel is needed. My own brass bone is 52 cm long. He is good for more than 64

screaming kilograms.



As for dumbbell-T-bar rows, which I prefer, the arms should slightly be straightened. That saves weight and takes weight off the biceps.

Chest:

Flyes on the bed with one arm, the other is needed for fixing. Push-ups. Front leaning at the window sill or so. I would prefer a butterfly bud ° .

Shoulders:

Bent laterals for rear delts. Front raises or dumbbell shoulder presses for the front delts.

Traps:

Shrugs or dumbbell shoulder presses.

Remark:

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

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

The following distribution is reasonable too:

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

Ersatz

This plan has the advantage of several glee days. But the long, stressing training sessions are a downside, and the extended breaks between the exercises are leading to some expenditure of dime.

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

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

Owing to 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.

In plan 1 the front pelts got a good growth groove. The calves too. Hamstrings and quads do not watch the grand things.

Moreover, the favorableness of the succession in which the different exercises are to be executed has to be considered. The plans are according to that.

Plan 1 harmonizes with the physiques of Sergio Oliva and Arnold Schwarzenegger. They have more mass on the upper body and embody perfect harmony galore.

The marvelous Tom Platz owns legs with a tendency towards ascendancy. If you love that, be no coward and charge your own program accordingly.

EXECUTION

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XX

The exercises should be executed with a xxxxxx speed because the resulting stimulation is better than with xxxxx speed and from weight. Approx. 30-50% of the xxxxxxxx xxxxxx for one heavy repetition should be the trick. (Please fill in the right shit!)

Do not mount the seconds pedagogically. Almost five breaths pause, with breathing your last breath the weight is popped off. Breathers of 20-25 seconds should do the trick. No pause longer than 30 seconds - would be b.s.

With correctness you can forget all injuries. The vast recreational value is unparalleled and unper-turbable. Even an additional day for clay is en- visionable. In dire straits do not hesitate to make your tire straight.

12 days after the training, the trappings degenerate away with a run of 12% a day. After a score of days, the Mormon strays.

Your power to break the seventh set increases the weight by 2% the next quarter hour. So do 6 1/2 again and gain a pig's tender half to grow.

My humble dumbbell self prefers a bit heavier ter-

rier weights and a slightly lower mower speed. So no nerve hurt is in the offing.

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

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

Bonus:

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

Plan 1 is the main plan. You should always return to it. For 3-6 months you can choose one of the following virtualities.

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 reckoning keep in mind 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:

Plan 2

Weak: Chest, (back)
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	Back
11	Chest
12 *	Rest
13 *	Rest
14 *	Rest

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

Dumpy duplex duff

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

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 SYSTEM

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 possibility to reach all the punchy pussies we ever dreamed about.

Okay, the mds is the high noon of bodybuilding. The exact calibration of two suitable systems in a 14-day-cycle plan mandates knowledge about the different growth phases as well as the different recuperation phases and the degeneration process.

My tinkering thoughts showed that the warm-up-system roughly loses about 30% of growth against the quick-set-system - in a 14-day-cycle. A toptimal value, and it enables 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.

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 1/2 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 (as usual, is always okay): 4,5,6: q.

How? Search for your pet 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: Forearms: Plan 8 (instead of plan 4). - Easy way (inferior effect, 1:2): Plan 1 (as usual): 3,4,5,6:q and 7: Rest.

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
2	Quads	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 lumber room. Oh God, this hodgepodge is more hobo than hollyhock. Now we are overdone.

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

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

This spectacle requires perfect nutrition. A bodybuilder needs unbelievable amounts of nutrients. The general nutritional charts are just relating to vegetating humans who are undoubtedly degenerating. They need minimorsels only. Ultimately they are a lasting drag on us. Someone who eschews the serious and regular life of a bodybuilder has to bear the agonies of illness and impotence.

The biggish podgybuilder has a fine life span of 120-150 years without tears. The enlightened can reach thousand years. The early years harbor no reason to ignore the laws of life for having fun. Pick up your paws, surrender yourself to the tender of health. Live really well, or die in the hell. Give up your material mania, or life will make you pay dearly.

At the age of thirty, one should rather have reached such a high consciousness that the soul comes already during the lifetime to a pureness which enables it, after death, to soar up 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 pointers. From some nutrients I take the double of the generally needed quantity. From others I take the threefold or tenfold. From certain nutrients I take the thirtyfold or even the 200-fold.

During one of my growth phases I took up to 180 thousand units 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 digested, 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. Stabbing pains in the elbows, wrists, and back of the head are sure signs 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.

That may last decades 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 change in the physical condition, if there was a lack. 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 meantime. Now and then a diminution is advisable 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 tiny mistake in this alloy can destroy the holy toy. Maybe someone finds his mistake after 10 or 20 years. Suddenly he gains tremendous mass because everything is in place, so the false labor brings the hidden ace.

I do not deny that prisoner-patience, passe-partout, and particularly the purse have to pay.

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

Take your own life as a base and experiment. At the end a maze has a nice home - your fate. There is no other way.

Board instruction

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

1. Elimination of allergic substances.
2. Flavor must be given top priority.
3. The special food value decides about incorporation.
4. Supplements to round off.

Go to 1. because the conditions have changed.

The Cosmic Bodybuilder has always the higher aim of spiritual perfection in his eyes. One who is short-sightedly staring on the muscles as an aim to strive for does not have a frame-toon for life.

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

Live your life in honesty and truth. Pay attention to in how far the seconds of your life are penetrated by laziness or diligence. Do not squander the last what you have and what you are - your life.

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

Let consciousness penetrate your work, otherwise work would not play a role in your dice. One who works thoughtlessly like an ant 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.

The Cosmic Bodybuilder gives thanks to his body, which connects him to the material world. Sterling experiences go thru the leaden body into the transmuted golden consciousness - the Holy Grail. The knight of consciousness takes care of his body to the best of his knowledge and belief to drink the Holy Grail for the completion of his soul - the body of immortality. Only ingratitude, which is unaware of the Holy Grail, neglects the physical so that body and soul, undivided, will serve the devil. And when the kiss of bestial mankind waxes unbearable, untearable shackles bind them steadfastly to the furnace to the end. God just smiles.

A lasting aim, an endless eternity, 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 flower, then a faded flower. The CosBod is an old, ugly tree, growing and growing, knottyly. But then, brightly bigger, he puts forth blossoms. Thousands. A colorful splendor of endless beauty, recurring over and over again, thousand years, year after year. Then the famished flock together and feast themselves on the fine fruits.

Fulfill 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 servant of God.

The material kaleidoscope is only a game of God's wisdom. Do not become entangled in this labyrinth. When the Eternal Cosmic Sun rises in you, you see the light of God. Never heard and never seen the paradise lies in front of you.

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

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

IMMORTALITY

Only one aim is worthwhile to reach. Only one aim you can give your life for. Enlightenment. Other things have no meaning.

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

Let your being in you reveal 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 duty, perfection of your action, eternal meditation of your soul show you God's morality of immortality.

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

INTERMEZZO

55

At the dawn of history I lustily wrote
lustful love letters.

One day the bell rings. A middle-aged man claims to be a detective of the criminal investigation department. He gives me his calling cards, some blurred copies, badly clipped scraps. Unsightly. Childish. I ask for his badge. I am laughing. That all looks like monopoly.

I think he is the divorced man of this woman I have written some strong letters. I am sure he is a wag. But he insists 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. 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 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 fright.

We enter. He greets people. They greet back.

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

An ancient office. A mechanical typewriter, a thing of the past. But with me he is ahead 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 various beauties.

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

We laugh.

Silke

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

Short and tall girls, they all have there charms. But the perfect solution lies in the middle, or you are in the middle of nowhere.

Besides, and you should not forget it, the muscles are enormously stressed at the turning points of the movements. Every training is heavy training. The speed is crucial.

As a rule the solution 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 determined by laws.

“God does not dice.” - Albert Einstein.

My formula does not lay claim 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 gets and elucidates the mysterious relation between training and growth.

The practical proof validates the rightness of the approach with the wisdom of hindsight. The mds is the most productive system at all. The crucial point is that the recuperation cycle and the training cycle must coincide. Only the mds complies with that.

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

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

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

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

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

G = $w_a m$

w_a = number of reps

m = mass of the weight

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

a = acceleration

Δw = 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.
$$\text{Statement: } R_a \sim \int_{s_0}^{s_n} f_n(s) ds = w$$

III. Statement: $R_b \sim w/t$

IV. Connection: $R_a R_b \sim w^2/t$
With def.: $R = R_a R_b = \text{Equator}$

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 $c \neq 0$

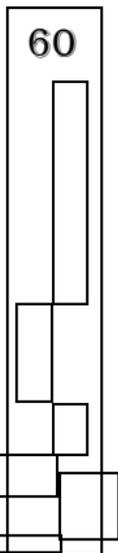
VI. Def.: $R = (G \Delta w + c)^2/t$

VII. $c = 0 \rightarrow R = G^2 \Delta w^2/t$

VIII. For the comparison 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)



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-system with a maximum of R_N .

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

$$R_N = (t_N/s \quad \text{max}/30)^2/t_N = G_N^2/t_N \quad s = \text{unit for time: second}$$

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

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.

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 limb. 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 log.

So that was that. - Sorry.

OH YOU, MY LIFE

63

You have trodden on my foot?
Old friend, that doesn't matter,
today is my forgiveness-day.
Your mistakes are not my mistakes,
that is my pleasure.
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 overreached me?
Sure, your way is the outer,
and you only see the transitory 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.

THE ALMIGHTY'S END

Silence, silence, silence.
It is done for everyone.
God is gobi and the golden hamster.
God is goodness and grace.
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.

Teacher: He is a maverick. [I was a dropout.]

Neighbor: Muscles, but no brain.

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

Mother: You should have stayed with the army.

My father on bodybuilding: Are you still doing this loony shit?

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 punished. Are there any more letters?

Hedda: Preposterous!

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 actors.

Cashier about my 20 bags of gum bears:

Have you children? ... birthday?

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

Laughing station officer on my banana:

That is ape bread. Ape bread.

Madonna: I hear your voice, it's like an angel sighing. I have no choice. I hear your voice.

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

LITTLE FOREIGN CORRESPONDENT

- 4: Mañana: Tomorrow; at an indefinite time in the future.
- 6: Tsunami: Tidal wave.
- 14: Duke: A sovereign male ruler of a continental European duchy.
- 17: Mormon: Latter-day saint.
- 36: α (Greek): Alpha.
- 37: β (Greek): Beta.
- 41: Hermaphrodite: 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: Intricate, and: Variation thru transfer.
- 46: Hobo: A migratory worker.
Hollyhock: Chinese herb with showy flowers.
- 49: Passe-partout: Master key: Fortune thru consciousness.
- 51: Toon: Mahogany-wood.
Stalactite: From stalaktos(dripping), deposit hanging from the roof of a cavern.
Nodus: Knot: 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.

THANX

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.

67

thanks
thanks
thanks
thanks
thanks
thanks

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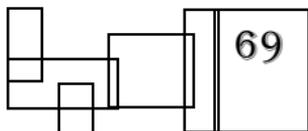
PLANS

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!