



YOUR KINDLE NOTES FOR:

The Great Mr. Olympians of Bodybuilding 1965-2013

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24 Highlight(s) | 0 Note(s)

Yellow highlight | Page: 22

Sergio, eventually with each bodybuilding appearance ventured on to shatter the standards that the great Larry Scott established for muscle mass. Sergio stood at the height of 5'10" with a body weight of 250lbs, his chest measured 59 inches that would taper down to a 28 inch waist that made him appear much larger than he did. His symmetry with his extremely small waist combined with his mass made him appear much larger in person.

Note:

Yellow highlight | Page: 31

Jay's muscle mass was almost on equal par with that of Ronnie Coleman, at 5' 9" tall and at a competition weight of 260 to 280 pounds ripped to the core, sporting a chest measuring 58 inches, arms 22 inches, thighs 30", calves 20", and a 34 inch waist. Jay packed on quality muscle with size and definition to match to win the Mr. Olympia title from 2006-07, and 09-10. At a time period where competition was at its extreme with quality competitors.

Note:

Yellow highlight | Page: 41

Larry states that a lot of his diet consisted of meat, cheese, and eggs. He especially likes cottage cheese and meats, mostly beef in various forms. He also eats very few carbohydrates and very few vegetables. He supplements his diet with Johnson's (Rheo Blair) protein powder. He says, its rather a bland diet but that it seems to work well for him during those days of competition. Larry also emphasized Rheo H. Blair's protein formula with a milk and egg protein diet, mixed in half and half, cream, and milk. Making sure he would get in 4 to 6 eggs

breakfast time and lunch.

Note:

Yellow highlight | Page: 51

has never been fat his whole life. He did favor salads and fish which he would consume a lot of on a daily basis. He also liked vegetables, meats, and of course his Spanish cuisine that he basically grew up on. But since living in America, he was able to try other styles of food that he liked as well. Sergio was a big eater and did eat often during the day and night, saying that he did not like going to bed feeling hungry and would always wake up feeling hungry.

Note:

Yellow highlight | Page: 65

Whole eggs, meat, and a large amount of milk products were added during his bodybuilding process days. He would also substitute pork and beef to fish and chicken. He use to mix his heavy calorie and light calorie diets so as to make sure his digestive metabolism would work fine. And would always consume carbohydrates after every workout, consuming 60 to 100 grams of carbs per day.

Note:

Yellow highlight | Page: 65

Many things have changed since Arnold's era of bodybuilding including lifting techniques and nutritional information. According to Arnold, bodybuilders during his era in bodybuilding used to consume large amounts of dairy, meat, and whole eggs. Now bodybuilders aim to be leaner and have cut out many high-fat foods from their diet to reduce body fat. Today they consume egg whites, chicken breasts, tuna to reach their protein needs. Also sports nutrition has evolved and caused many bodybuilders to turn to supplements such as creatine, amino acids, and whey proteins to attain their fitness goals. But still, all in all, it always comes down to nutrition and wholesome eating, that is what defines your muscle growth and will always be the most important factor in bodybuilding. Regardless of the change in diets compared to the old school era of bodybuilders to the new school of bodybuilders, diet is where the emphasis should be placed on.

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Yellow highlight | Page: 72

He then goes on to say that there was the egg white craze back then when it started, and he would at times have several of the "Pumping Iron" bodybuilders from the movie over at his house as guests and they would separate the egg whites from the yolk, and Arnold really never cared about the egg whites but would say "give me the protein and let's go workout." So, he would separate the eggs because the other guys wanted the egg whites, so, they then ended up drinking the yolks. Back in the day when Franco and Arnold were room mates during that time, back stage before a competition, Arnold would announce to Franco, "it's time for pizza" in which they did it for energy sake and to psyche out the competition. Joe Weider would also give Franco and Arnold \$80.00 each a week for groceries, and in three days all of it was gone. So, they would have to work construction for extra money to support their huge food bill. The funny thing was when Franco would indulge in sweets and Arnold would get angry and say, "Oh, you can make muscle even if you ate wood Franco."

Note:

Yellow highlight | Page: 73

But Franco's preference for food is high quality protein from eggs, fish, dairy, and meat (lamb) (including poultry and pork). To Franco eggs are the highest source of protein, and still the most important in any fitness program. Being of Sardinian decent, he was very big on yogurt, especially homemade raw milk yogurt, imported cheeses, and wine. He also notes that most dietary guides are wrong when they say eggs cause cholesterol problems. In fact, egg yolks contain enough of the fat emulsifier lecithin to neutralize cholesterol in other foods.

Note:

Yellow highlight | Page: 73

He stresses to eat smaller meals and more frequently and that high protein diets require extra Vitamin B6. But the biggest tip for anyone who is looking for a flatter stomach and smaller waist line is that many people on a high protein diet require hydrochloric acid and enzyme supplementation, because the body just does not make enough of it on its own, especially past the age of 26.

Note:

Yellow highlight | Page: 82

Frank is a firm believer in staying away from junk foods. He will avoid all sugar products and feels that sugar weakens the body by giving you empty calories. He gets most of his protein from whole food sources but will use protein shakes of Blair's milk and egg protein powder during training sessions. He does take supplements on a regular basis along with his food intake as he feels that the vitamins need a carrier to be absorbed properly. He also utilizes certain amino acids according to his needs, like Tryptophan to help him relax and sleep comfortably. He watches what he eats, and keeps his blood sugar up by eating protein snacks every 2 hours.

Note:

Yellow highlight | Page: 83

He finds eggs to be an extremely valuable food for bodybuilders and states that they don't have to worry about getting high cholesterol from eggs. He is also very high on liver and liver tablets as a good source of energy.

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Yellow highlight | Page: 87

Chris pays close attention to his diet, relying heavily on meats, fish, chicken, cheese, eggs, vegetables and fresh fruits. He will sometimes have a bowl of jello or pudding for desert, but he will steer away from bread, rice, french fries, candy, cakes, and pastries that offer very little value in nutrition. Three weeks prior to a contest he is very careful about his diet, in order to bring out the edge in his muscularity and skin tone.

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Yellow highlight | Page: 100

He'll also favor beans because of their lower glycemic index, meaning they are a slower burning carbohydrate source that doesn't shock your system, and their a good source of protein too.

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Yellow highlight | Page: 100

He states that one must watch their caloric/carbohydrate level to match their activity level. Meaning consume the largest number of

calories when you are the most active, such as before a workout.

Note:

Yellow highlight | Page: 109

would state to reduce the amount of high fat foods and high carbohydrates such as pasta, potatoes, etc., and bread when your goal is to reduce body fat or drop a few pounds. To maximize muscle gains he would consume protein meals through out the day and that would include pre-workout and post workout meals. Dorian is a

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Yellow highlight | Page: 109

After his training session he would take in a carbohydrate drink to spike up his insulin levels to force the carbs and amino acids back into the muscle to restore his glycogen levels.

Note:

Yellow highlight | Page: 112

But Ronnie's change and preparation came from the nutritional aspect of the sport, he would hire a nutritionist by the name of "Chad Nicholls" that helped him make some necessary positive changes along the lines of increasing protein and cutting back on carbohydrates. This is what I've always been stating personally to those whom I have trained throughout the years myself, that nutrition is 85% of the battle in bodybuilding gains. It is nutrition that clearly defines your gains of muscle growth and that of new growth as well, exactly as what Ronnie has done above. Mindset was also a very important concept

Note:

Yellow highlight | Page: 123

Sometimes Jay will substitute protein shakes as a meal replacement and get in 3 extra meals. He will also adjust his carb intake based on his frequency of workouts. He's one of the few bodybuilders that understands his body and type of metabolism very well when it comes down to nutritional intake. He can make nutritional adjustments according to his lifestyle and workouts when need be, knowing exactly what his body needs more of. Therefore his diet may vary widely. He is big on protein for muscle building, and will use

supplements to boost his diet, and will switch it up when his body needs to. He will devour tons of fish, eggs, and other meats, as well as Ezekiel bread which is an excellent flour less bread that can usually be found in local health food stores.

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Yellow highlight | Page: 136

A whole body workout recruits more motor units or muscle groups per work out than split training sessions.  Full body workouts elicit greater increases in Testosterone and GH than split routines do.  Each body part gets trained more often per week and yields a greater anabolic effect.  A body part is also recovered within 48 hrs; therefore, not training that muscle again within 48hrs gives you maximum time for recuperation.  Protein synthesis rates for muscles can be increased for 48hrs after a muscle is trained and then starts to drop.

Note:

Yellow highlight | Page: 138

has to wonder why some people like Power Lifters can train one body part one time a week and still be massive. Ronnie Coleman and Dorian Yates were both mass monsters, but their training routines were completely different. Ronnie trained each body part two times a week, while Dorian trained each body part one time a week. Each man, probably through trial and error, found a system that works for their genetics.

Note:

Yellow highlight | Page: 149

some of the bodybuilders, the idea was to consume large amounts of protein and fats and little amounts of carbohydrates. This was not also a muscle building diet but fat cutting as well. It was Vince Gironda that was the first guy to state that your bodybuilding success is 85% nutrition. One can not argue that point, because when you eat big, you get big. Vince had some unorthodox eating strategies that he followed and taught to his students. Like to not combine carbohydrates with protein in the same meal, as proper digestion requires a higher amount of an acid base in the stomach. Where as proper starchy carbohydrates digestion requires an alkaline state. So if you consume both together you'll only get partial digestion and the

residue will result in severe discomfort, gas, bloat, and hyperacidity.

Note:

Yellow highlight | Page: 150

Back in the 1960's, Vince Gironda believed that the steak and egg diet was the best way to build muscle and strip excess fat away from the body. Vince personally achieved the all time best shape of his life by following this diet. It is the simplest diet in existence and is one of the most effective diets. Only eat two meals of this per day; Breakfast and Supper, or Lunch and Dinner. For meal #1 you eat $\frac{3}{4}$ of a pound 1 $\frac{1}{2}$ pounds of steak and 4 to 6 eggs. For meal #2 you eat the same thing. You take in no carbohydrates, no vegetables, no snacks, no drinks except water, black coffee and unsweetened tea. Every 6th day is a cheat day and you can eat what ever you like. ice cream, pies, McDonalds, and nothing is off limits. That's 5 days of eating steak and eggs and one day of gluttony, repeat this until lean. The steak and egg diet is a Ketogenic diet. Which means it is high fat and zero carbohydrates, and moderate protein diet.

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Yellow highlight | Page: 150

When Carbs are eliminated as an energy source the body then is forced to burn fat from the body as a fuel source. For the Ketogenic diet to work you must eliminate all Carbs from your diet. This diet is great for any one to use who wants to burn fat and lean out. Arnold, Franco, and many other of Vince's students have used this diet with great success. Remember, five days in a row of steak and eggs, and one day of carbohydrates, lower fat cheat day. You will also notice that after your carbohydrate cheat day you will look great in the mirror. That is because your muscles may look flat and depleted while on the Ketogenic Diet, when you eat carbohydrates they fill up with water and look spectacular.

Note:

Yellow highlight | Page: 151

Rheo H. Blair came along with his take on diet and came out with a milk and egg protein, which dominated the market. His theory was to mix it along with heavy cream as you were getting your protein and fats. Many of the great bodybuilders followed his idea and built great bodies.

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