



 [Get Print Book](#)

The Workouts: Personal Training Diaries

By Frank Zane



[Download](#)



[Read Online](#)

The Workouts: Personal Training Diaries By Frank Zane

When I published Mind Body Spirit the Personal Training Diaries in 1997 I had no idea that letting it go out of print would make it so valuable. Now out of print for several years, this book is listing for up to \$100 for a used copy on E Bay. Why does everyone seem to now want this book? I don't think it's because of the poetry - it's because of over 180 workouts, I did and recorded between age 14 and 60. All my best most memorable workouts, all arranged in order of difficulty. To my knowledge no one else has ever published this kind of stuff.

Even though these workouts occurred within a period ranging over 40 years, it makes an interesting training program. So I'm publishing the workouts and including a specific guide and calendar for an entire year of how to use them. Included are the workouts (they detail time, place, exercises, weights used and reps) and room to record your own training sessions and results.

If you are brave and like a challenge consider following the book page by page. You certainly won't get bored because it's a different workout every time you train. The calendar section marks the body parts worked and the specific days they are trained. Each of the four seasons has such a calendar at the beginning. This allows you to see where you are at in relation to your seasonal goals. The themes are winter maintenance, spring growth, summer intensity, autumn peaking and the training intensity is geared accordingly.

Here's where this book is valuable: You can pick a place to start based on what kind of shape you are in. Suppose you are starting at the beginning of the year a little out of shape. The workouts are easy and begin progressing in degree of difficulty and workload so that by the beginning of spring you are ready for more intense training. Near the end of spring are pre contest workouts which you can be ready for if you follow instructions. Summer bumps it up a notch with even more intense training, leading to a peak in early Autumn for competition (which is when I competed and was at my best). October section includes my posing routine (I give my 1979 Mr. Olympia posing routine names based on body position) all 20 poses I did in competition that year. After reaching a peak, workout focus changes and training sessions are from earlier times in my training career. These workouts are appropriate for maintenance training that is done in the winter.

I honestly have to say there is no other book like this. Such attention to details is what developing a great physique is all about. You could go through this book each year, log notes within your Kindle, and develop your own personal history of workouts to look back at.

 [**Download** The Workouts: Personal Training Diaries ...pdf](#)

 [**Read Online** The Workouts: Personal Training Diaries ...pdf](#)

The Workouts: Personal Training Diaries

By Frank Zane

The Workouts: Personal Training Diaries By Frank Zane

When I published Mind Body Spirit the Personal Training Diaries in 1997 I had no idea that letting it go out of print would make it so valuable. Now out of print for several years, this book is listing for up to \$100 for a used copy on E Bay. Why does everyone seem to now want this book? I don't think it's because of the poetry - it's because of over 180 workouts, I did and recorded between age 14 and 60. All my best most memorable workouts, all arranged in order of difficulty. To my knowledge no one else has ever published this kind of stuff.

Even though these workouts occurred within a period ranging over 40 years, it makes an interesting training program. So I'm publishing the workouts and including a specific guide and calendar for an entire year of how to use them. Included are the workouts (they detail time, place, exercises, weights used and reps) and room to record your own training sessions and results.

If you are brave and like a challenge consider following the book page by page. You certainly won't get bored because it's a different workout every time you train. The calendar section marks the body parts worked and the specific days they are trained. Each of the four seasons has such a calendar at the beginning. This allows you to see where you are at in relation to your seasonal goals. The themes are winter maintenance, spring growth, summer intensity, autumn peaking and the training intensity is geared accordingly.

Here's where this book is valuable: You can pick a place to start based on what kind of shape you are in. Suppose you are starting at the beginning of the year a little out of shape. The workouts are easy and begin progressing in degree of difficulty and workload so that by the beginning of spring you are ready for more intense training. Near the end of spring are pre contest workouts which you can be ready for if you follow instructions. Summer bumps it up a notch with even more intense training, leading to a peak in early Autumn for competition (which is when I competed and was at my best). October section includes my posing routine (I give my 1979 Mr. Olympia posing routine names based on body position) all 20 poses I did in competition that year. After reaching a peak, workout focus changes and training sessions are from earlier times in my training career. These workouts are appropriate for maintenance training that is done in the winter.

I honestly have to say there is no other book like this. Such attention to details is what developing a great physique is all about. You could go through this book each year, log notes within your Kindle, and develop your own personal history of workouts to look back at.

The Workouts: Personal Training Diaries By Frank Zane Bibliography

- Sales Rank: #168146 in eBooks
- Published on: 2012-06-13
- Released on: 2012-06-13
- Format: Kindle eBook

 [**Download** The Workouts: Personal Training Diaries ...pdf](#)

 [**Read Online** The Workouts: Personal Training Diaries ...pdf](#)

Editorial Review

Users Review

From reader reviews:

Billy Reynolds:

What do you ponder on book? It is just for students because they're still students or this for all people in the world, the actual best subject for that? Just you can be answered for that problem above. Every person has various personality and hobby for each other. Don't to be forced someone or something that they don't desire do that. You must know how great along with important the book The Workouts: Personal Training Diaries. All type of book could you see on many options. You can look for the internet options or other social media.

Erik Herrera:

Reading a book to become new life style in this calendar year; every people loves to examine a book. When you study a book you can get a large amount of benefit. When you read textbooks, you can improve your knowledge, because book has a lot of information onto it. The information that you will get depend on what kinds of book that you have read. In order to get information about your research, you can read education books, but if you want to entertain yourself look for a fiction books, such us novel, comics, and also soon. The The Workouts: Personal Training Diaries provide you with new experience in reading a book.

Shirley Daniels:

Many people spending their time period by playing outside together with friends, fun activity together with family or just watching TV 24 hours a day. You can have new activity to spend your whole day by studying a book. Ugh, you think reading a book really can hard because you have to use the book everywhere? It ok you can have the e-book, bringing everywhere you want in your Smartphone. Like The Workouts: Personal Training Diaries which is getting the e-book version. So , why not try out this book? Let's find.

Ronald Folk:

That e-book can make you to feel relax. This specific book The Workouts: Personal Training Diaries was colorful and of course has pictures on the website. As we know that book The Workouts: Personal Training Diaries has many kinds or genre. Start from kids until adolescents. For example Naruto or Investigation company Conan you can read and believe that you are the character on there. So , not at all of book are generally make you bored, any it makes you feel happy, fun and relax. Try to choose the best book for yourself and try to like reading this.

**Download and Read Online The Workouts: Personal Training
Diaries By Frank Zane #BYIH10FAP9K**

Read The Workouts: Personal Training Diaries By Frank Zane for online ebook

The Workouts: Personal Training Diaries By Frank Zane Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Workouts: Personal Training Diaries By Frank Zane books to read online.

Online The Workouts: Personal Training Diaries By Frank Zane ebook PDF download

The Workouts: Personal Training Diaries By Frank Zane Doc

The Workouts: Personal Training Diaries By Frank Zane Mobipocket

The Workouts: Personal Training Diaries By Frank Zane EPub