LESSON XII

Dear Friend:

This is your twelfth, and last lesson in the Body-Tone series. If you have been practicing all of your exercises daily I am sure that you have made gains that you are truly proud of. It certainly has been a pleasure for me to work with you and show you the secrets of this unique method. However skeptical you may have been at the start I am sure you now agree that Body-Tone builds muscles faster and easier than anything you have ever tried. What you might not realize is that the best is yet to come. Remember I promised you that I was going to show you how to make this new strength and massiveness permanent, so that you never lose it. In this lesson you will learn how to "lock it in," so to speak.

Now here is exactly how you do just that. I am sending you with this lesson a series diagram of every exercise we have covered thus far. This will make it easier for you to run through a complete routine rather quickly. Now, I want you to stop your daily training and run through a complete routine only once every six days. In other words if you work out today, you will not have any work-outs for the next five days. You work one day, and rest five. I realize that this may sound like a drastic change after you have been working so hard on your daily training, but this is exactly what you must do to make your gains permanent. I realize too, that you haven't been working your calves and thighs very long on daily training, so I suggest you continue to do the leg exercises of lessons 10 and 11 daily for at least another two or three weeks. Every sixth day when you are doing your complete routine work-out, the legs will naturally be included.

You see daily training builds muscle very fast. It gives you the fastest possible gains in the shortest time. That is why I have had you on daily training up to this lesson. I wanted to build you up fast so that you didn't have to wait for the kind of strength and muscle girths that you wanted. But daily training has one disadvantage, and that is that the strength and muscle size that you develop does not become permanent. In other words if you were to stop training altogether you would lose the gains you have made in just about the same amount of time that it took you to build them up. But don't let this worry you because we're not going to let it happen.

The answer to keeping the gains you have made and even progressing farther lies in slow training. By working out every sixth day you will fix the strength and massiveness deep within the muscle so that its permanence is insured for a lifetime. Now let me clarify that point. Let's say you are just starting your training program and that you are going to do the complete routines listed in this lesson every day for 12 weeks. If you stop training at the end of that time it will take about
12 weeks for your muscles to return to the strength and size as when you started. Now let's say that you start 12 weeks of training where you work out only once every sixth day. At the end of that time your strength and muscle size might not be as high as with the daily training, but you can go for another 12 weeks without training at all and still maintain the gains you have made. In fact, even 28 weeks after you stop training the gains you have made with slow training will show little evidence of returning to their starting point.

The exact reason for this "fixation" of strength and massiveness within the muscle is not completely understood even by the scientists who discovered it.

I told you once before that the whole pattern of the Body-Tone course is based on scientific research done in Dortmund, Germany by Professor Erich A. Muller of the Max-Planck Institute fur Arbeiterphysiologie. To further illustrate this technique, permanently fixating the strength within the muscle, I would like to quote from an article that Dr. Muller had published in The Journal of the Association for Physical and Mental Rehabilitation. This discussion explains the graph pictured in Figure 1.

"We mentioned above that strength which was increased by daily training is lost in about the same time that was required to build it up. We know, however, from experience that strength gained in youth by over-normal activity persists for life even when activity no more surpasses normal limits. To reconcile these divergent findings the following experiments are condensed in Figure 1."
"Curve A shows the increase in strength of a person trained with daily contractions of maximal strength. Strength is doubled in 20 weeks and lost after the end of training in 30 weeks. In curve B, which belongs to the same person, daily training lasted merely 11 weeks. Strength increased during this time 66% or 6% per week. Training was then continued for another 12 weeks with only one maximal contraction per week. The slow drop of strength following the end of training in Curve B compared with the quick fall in Curve A is very striking."

"Curve C gives the average results of an experiment where training with one maximal contraction per week was done on 11 different muscle groups of another person. They increased in strength 72% in 46 weeks, or 1.6% per week. The fall of strength after the end of training is again very slow. 70 weeks after the end of training it is still 42% higher than before the beginning of training."

"We have already established in unpublished experiments that fortnightly training after daily training maintains an increased level of muscular strength for longer than one year. It looks like a permanent increase of the normal strength. We don't know yet the reason for this fixation of strength gained by slow training." (end of quote)

Now look again at Figure 1. What we have done in the first 12 weeks of your Body-Tone training is quite similar to the rapid rise in strength that you see in Curve A. But, instead of letting you drop, like the subject in curve A did after stopping training, we are switching you to slow training so that you will continue to improve and make your strength and muscle bulk permanent.

Curve A shows how much more rapidly you can increase your strength with daily training. And that, of course, was our primary objective at the start. Now that we've got you up there we're going to turn the magic key and "lock it in." It's that simple. Naturally we are not going to stop training altogether.

One complete work-out every sixth day amounts to 61 work-outs per year, or about 5 per month. It takes me about 30 minutes to go through a complete routine, and it should take you about the same time. This means about 2 1/2 hours of your time per month. If you want to go further and figure it on a daily basis it would amount to exactly 5 minutes per day. This is certainly a small amount of your time per month for the wonderful results you will derive from the program. I have heard other body-builders claim that their programs utilized as little time as this but have yet to find a single one that actually does.

The way to keep track of your work-out days is to write them down on your calendar. I usually put a small "W.O." (standing for work-out) on every 6th day. After you do that the next important thing is to never miss a work-out day. Once you settle down to a steady 5 day interval you will look forward to your work-out days with pleasure. The day of your work-out, and the day immediately following, you will feel like you are "popping-out" all over again because these are the days of fastest growth. The muscles continue to grow the next 3 days (if you haven't already reached your maximum) but at a much slower rate.

This of course immediately raises the question in your mind as to how you can tell when and if you have reached your maximum size for a particular muscle girth. Every man does have a maximum size that he can attain in developing a muscle girth.
This is determined by the number of muscle fibers that you have in the particular muscle concerned. As your muscles develop the smaller fibers will become as large as the largest fibers, but will not get any bigger. When your muscle girths stop improving chances are that you have reached your maximum. When this does happen you should not stop the program, but rather continue with the "locking-in" stage. Again, look to your neck girth for giving you an indication to your possible top limits for your upper arm and calf. And it will be neck girth plus 10 inches for your upper limit on thigh girth. I am talking now about a fully developed neck girth such as you should have after working Lesson 9 of the Body-Tone course. For instance, it will be the man with the 18 inch neck who will also sport 18 inch upper arms and calves. The 17 inch neck man can usually develop a 17 inch upper arm and calf. Remember, however, that this is just a general rule and there are many exceptions.

Now here is one general rule that I would like you to follow. Be religious and strong willed about the regularity of your work-outs, but at the same time do not work out on any day that you really feel below par. Everyone has days like that at some time or another and it is my opinion that you do not derive the full benefit from your work-outs under such conditions. Remember that after you have been on slow training for some time it is possible to go for weeks, and even months at a time without losing your gains even though you are not working out. So one or two missed work-outs will not hurt you at all. However, don't make it a common practice.

Now turn to the exercise page and I will show you the best way to run through the entire sequence. Starting with the upper arm routine of lesson 1 run straight through the shoulder exercise of lesson 4. Take each exercise in order with just a slight pause of about 10 seconds between each. After doing the shoulder exercises rest a few minutes before moving on to the chest exercises.

Then go all the way through the upper back exercises of lesson 6. Then rest again for a few minutes.

Starting with the mid-section exercises run all the way through the neck exercises of lesson 9. Once again rest for a few minutes.

Then start with the hip exercises of lesson 9 and run all the way through the thigh exercises of lesson 11.

This way you are dividing up the entire routine into four separate parts with adequate rest periods between each.

This complete routine done just once every six days will give you all the strength and development that it is possible for you to attain. Every so often check back through your lessons to see that you are executing each exercise correctly.

Be sure that your protein intake is always up to par, as recommended in the first lesson. Many students write and ask me if they should continue taking Vitamin E after they have achieved their maximum gains. My answer to this is definitely "yes." If you find synthetic Vitamin E capsules too expensive for you, my suggestion would be to use a good brand of wheat germ oil and supplement your diet with wheat germ cereal. The capsules are far superior, however.
Upper Arms - Lesson 1

Upper Arms - Lesson 2

Forearms - Lesson 3

Shoulders - Lesson 4

Chest - Lesson 5
Upper Back - Lesson 6
Mid-section - Lesson 7
Lats - Lesson 8
Neck and Hips - Lesson 9
Calves - Lesson 10
Thighs - Lesson 11
Well my friend, I hope you have enjoyed the course as much as I have enjoyed preparing it for you. Remember again, that you are entitled to lifetime advisory service on any questions that you may have concerning your training program. If you do submit questions please be patient in waiting for your answer as I often get backlogged with correspondence of this type.

It would please me very much to receive your improvement measures, photographs, and any comments you might have on the course. If you have friends who you think might be interested in this type of program send me their names and addresses and I will forward them our free muscle building information.

Again I say it has truly been a pleasure working with you, and may you continue to improve in strength, power, and physique perfection. Good luck!

Your friend and physical instructor,

Tom Buckley