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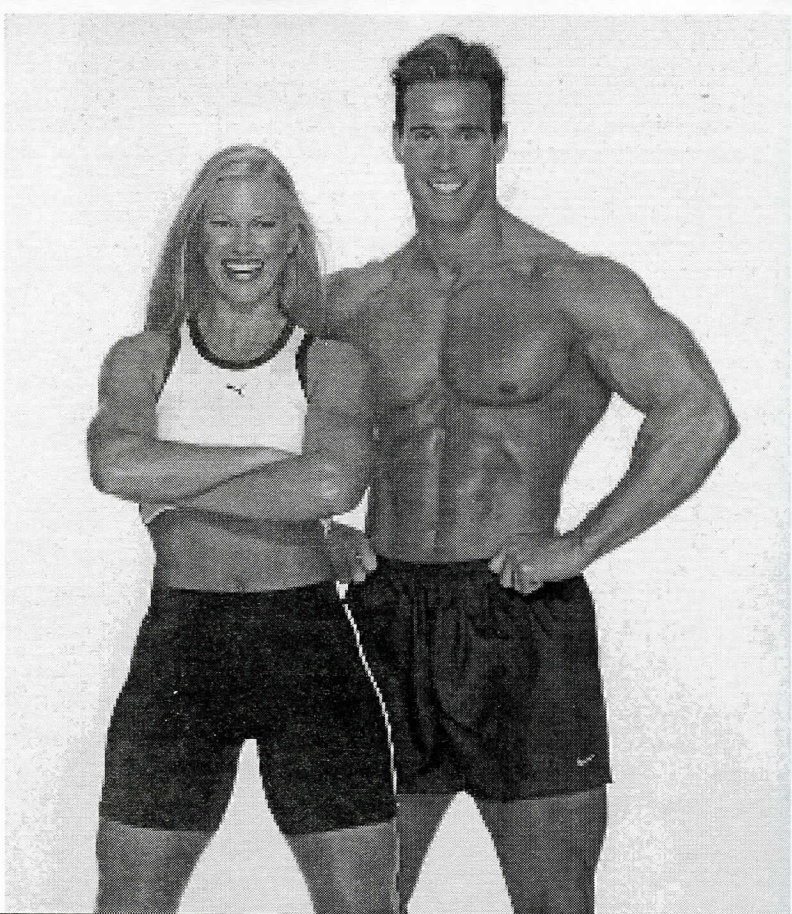
THE EDGE

The
Weider
Guide to
Ultimate
Strength,
Speed, and
Stamina



BEN WEIDER and JOE WEIDER with DANIEL GASTELU

PHOTOGRAPHY BY PER BERNAL



The

Ben Weider and Joe Weider
with Daniel Gastelu

**BEN AND JOE WEIDER'S ULTIMATE GUIDE
TO STRENGTH, SPEED, AND STAMINA**

Edge

Avery
a member of
Penguin Putnam Inc.
New York

Acknowledgments

The authors wish to thank the following people for their participation in the preparation of this book: Per Bernal, Mike O'Hearn, Gea Johnson, David Marsh, Vince Scalisi, Lisa Clark, John Duff, Laura Shepherd, and Christopher Mariadason.

characteristics as the Weider nutrition plans they have followed their entire lives.

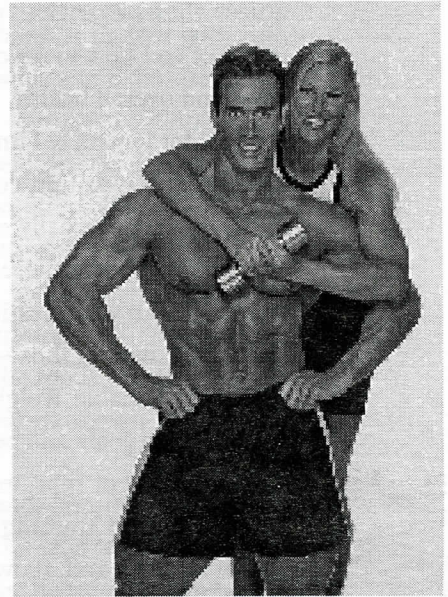
The same is true for the exercise gimmick quagmire. They see people of all fitness abilities getting caught up in training routines that are ineffective and potentially harmful. This situation is especially tragic because many people have a strong desire to make changes and commit to a program, but they are led down the wrong path by quick-fix promises. Fitness is not a trend like fashion, it's more like a science.

As you flip through these pages, you will discover that this book offers the best of both worlds: quick training and nutrition tips backed by expansive reference chapters to improve your understanding of health and athletic performance. The Weiders will cover their proven, cutting-edge training and nutrition programs;

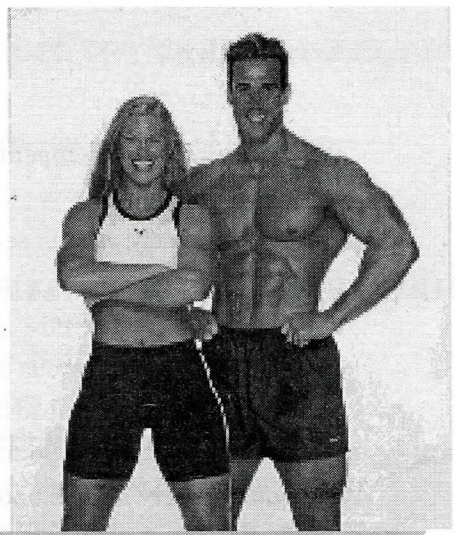
if you start using them today, you'll notice results tomorrow. The foundation of the program is the revolutionary Weider Triangle Method of Peak Athletic Performance. *The Edge* takes you through the easy-to-follow steps of this famous method, which has been expanded here to include advanced training and nutrition programs for anyone interested in a performance-based fitness regimen, from competitive athletes to weekend fitness enthusiasts, to the coaches and health professionals who support them. Special Weider performance tips provide vital insights to becoming your personal best.

The step-by-step training and nutrition plans are easy to follow because they are loaded with detailed photographs and illustrations to make your fitness quest that much easier. The models for the exercise section are natural world-class bodybuilders Michael O'Hearn and Gea Johnson. Mike has won several bodybuilding and powerlifting titles including Mr. Universe, Mr. International, and NPC Super Heavyweight, and he is the three-time California Powerlifting Champion. Gea Johnson, known as the World's Greatest Female Athlete and America's First Miss Fitness, is a world-class heptathlete and a nationally ranked Olympic lifter. More information about Mike and Gea can be found in the Appendix XX.

The Edge details an expanded model of the legendary Weider Triangle Method that includes a new concept of fitness we call "performance fitness." Performance



Michael O'Hearn and Gea Johnson.



The Weider Triangle Method of Peak Performance

Perhaps your best efforts seem to be failing and you have begun to question the feasibility of your goals and even your ability to attain them. It's only natural.

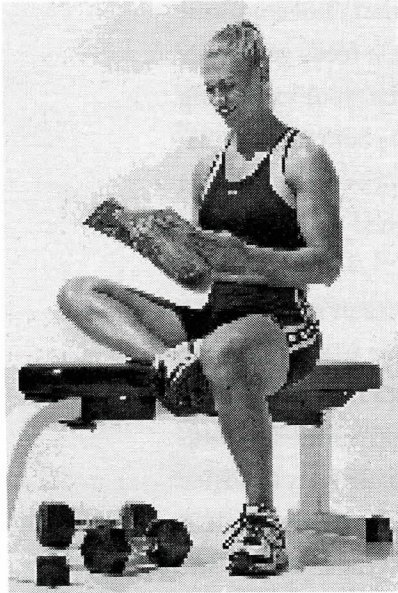
The good news is that in our experience, *you're* not the problem. The problem is with the methods and products you have been using. Gimmicks don't work, but you can succeed and you will succeed, using the Weider Triangle Method. This method utilizes training and nutrition programs that are proven to work. It gives you the tools you need to fine-tune and customize your performance-fitness program to attain the results you want and get that competitive edge.

Since its development, the model has evolved to a new point, and we updated it to include the most discoveries about health, exercise, bodybuilding, fitness, nutrition, and sports performance. Today, more people are engaged in fitness activities for the sake of health, and looking and feeling better, than

So you want to build a strong, youthful, attractive body?

Are you ready to commit and work hard, but you're not sure what to do, or whether what you are already doing is working?

After looking through this book, and looking at the Weider Champion Hall of Fame photos, you know it is possible to get what you want. If they did it, so can you. Right?



page xx, but it's so easy to follow that you can begin using it with your very next meal. In order for you to master nutrition for sports, we include the new Co mandments of Sports Nutrition (see chapter #). These Commandments will help keep you on your performance-based eating program. The Commandments of Sports Nutrition were introduced many years ago and were way ahead of their time. You will see that they are time-tested and contain advanced nutritional wisdom that independent medical research studies continue to support.

3. TECHNIQUE

When it comes to attaining peak athletic fitness for performance, even the top athletes with the best team of experts working with them do not always reach their full potential, because they lack certain performance-enhancing skills. Technique applies to everything you do, including your strength-building and nutrition programs. Mastering skills sometimes takes time. So mastering good technique is about mastering winning skills. Chapter ## provides guidelines and insights on how to master your skills. It also presents one of the most advanced sports training methods ever developed, called periodization. The information in this chapter will help keep your efforts focused on results building activities.

GOAL SETTING—GETTING THE RESULTS YOU WANT

Begin with the end in mind—your goal. Make it a mantra that guides your daily decisions about eating and recreation. If you do not clearly list your goals, establish strategies to attain them, and establish a system to review your progress, then how can you succeed? Yet in our experience, poor planning is the most common failure of all. Use the performance-fitness planning table below to establish your particular goals, then chart a course to achieve them. Set realistic goals. Write them down. Review them weekly, add new ones, and make adjustments to them as required.



Strength and Muscle Building

2

Take a close look at the photos of men and women in this book, and you'll see that the human body has the ability to take on a wide variety of muscular development and physical performance potential. When training for a particular sport or personal fitness goal, the type of training you do is of paramount importance. It is not enough to just build muscle unless you address specific objectives and link weight training to your specific goals.

Peak physical condition means different things to different people. For athletes, it means being best at their sport. They have to develop a body that is specific to that sport. For personal fitness, it means looking good, feeling good, and being healthy. It means training away the flab until you have an attractive, shapely body. Whatever your personal bodybuilding goal is, physical conditioning starts by understanding how different resistance training methods affect your body's form and function.

It is easy to see the differences in body type between a marathon runner and a sprinter. While they are both runners, each has trained with very specific goals in mind, and their bodies develop accordingly. The sprinter is conditioned for quick, powerful bursts of energy and therefore he has thicker, larger muscles. The marathon runner needs to sustain his energy for long distances and so his muscles