



**MARTIAL ARTS
WEAPONS ASSOCIATION**

HOW TO DEVELOP A PERFECT BODY

How to Develop a Perfect Body in 30 Minutes a Day

Now anyone can be a "10"

**The revolutionary fitness program
that is sweeping the nation!**

Dr. Ted Gambordella

Copyright 2001 Dr. Ted Gambordella
<http://www.martialartsweapons.net>



**MARTIAL ARTS
WEAPONS ASSOCIATION**

HOW TO DEVELOP A PERFECT BODY

HOW TO DEVELOP A PERFECT BODY in 30 minutes a day is a rather audacious title for a book, but if you will allow me to explain what I mean by **PERFECT** you will see that is actually quite sound and realistic.

In today's society, and indeed in the society of men from the ages of the ancient Greeks, the men, and women of society had an image in their minds of a perfect body.

This body has been admired and desired throughout the ages. Great sculptures, great artists, and great photographers have tried to capture this **PERFECT BODY** in marble, oil and film. We have all seen these bodies in this artwork again and again and have a clear picture in our minds of what a **PERFECT BODY** would look like. Still for reasons of personal preference, one may desire a very large chest, or huge arms, or extremely small waist, but all can agree on the basic standards for a perfect body.

A PERFECT BODY would not be a body like a Mr. America, that is grossly disproportioned, huge and even monstrous, an example of the total extremes a man can push his muscles to. A perfect body would not be a 50 inch chest on a woman 5 feet tall, or legs the size of tree trunks. A **PERFECT BODY** would be a body that is proportional, flexible, and contained on a man who is a gentleman, and a woman who is a lady.



**MARTIAL ARTS
WEAPONS ASSOCIATION**

HOW TO DEVELOP A PERFECT BODY

Lets look at the actual physical dimensions of our PERFECT BODY. The chest should be 10 inches larger than the waist, firm and toned. The waist should be 10 inches smaller than the chest, flat and strong, with no bulges on the sides or bottom. The arms should be the same size as the calf (on a man), on a woman nice and firm, not flabby. The neck should be strong and straight, and have not but one chin. The hips should be 10 inches larger than the waist, the buttocks firm and tight. The thighs on a man should together be the same size as the chest, on a woman they should be tapered and very firm, not having pones or celliute. The entire body should be flexible, healthy and contained on a gentleman or lady.

In other words the perfect body would be symmetrically appealing, flexible and noble. This book will show you the exact program I used to achieve my physical dimensions, the exact program I use for flexibility, the diet I follow and recommend, and some of the mental conditioning or meditation I practice to keep my mind and body in accord.

This is the first book I have ever seen that makes sense and is practical and desirable in regards to physical conditioning. Bodybuilding is not for the masses and requires too many long and pain full hours in the gym to achieve its results. Two minute workouts are



**MARTIAL ARTS
WEAPONS ASSOCIATION**

HOW TO DEVELOP A PERFECT BODY

ridiculous and foolish, they may help your heart but do nothing for your body. Running is great for the heart but does nothing for the outside appearance of your body. In short most book currently available on fitness are just books that are concerned with getting your wallet shaped smaller, not shaping you into some sort of perfect person.

My section on diets is both practical and honest, you won't find gimmicks nor tricks, but straight facts and suggestions about a logical and sensible eating program to gain muscle and lose fat. I explain for you some of the incorrect facts you may have about dieting and show some suggested plans for your new eating habits.

I conclude this book on fitness and body shaping with a chapter I have never seen in a fitness book. Meditation. I don't believe you can have a perfect body if you are a perfect fool or have a messed up mind. You can't achieve the results you want in your program if you can't concentrate on the muscles when exercising or can't stay on your diet. So I show you some techniques of meditation that can help you to achieve a better understanding of your mind and your body and how they are related to each other in your total fitness program.

If you will follow my program as I have outlined it for 3 months you will begin to see remarkable results in your



**MARTIAL ARTS
WEAPONS ASSOCIATION**

HOW TO DEVELOP A PERFECT BODY

physical appearance, great improvement in your flexibility and a much better understanding and control of your mind. In short you will be on your way to becoming a Perfect Person. So lets get started.



MARTIAL ARTS WEAPONS ASSOCIATION

HOW TO DEVELOP A PERFECT BODY

Chapter One

WEIGHT TRAINING:

The first section of our program for developing a perfect body utilizes weight training in order to shape the muscles of the body into the form and size we want. It is important to remember that your body can only shape muscle not fat. For muscle has form and tone and can be molded to a size and shape by weight training, but fat is just a water holder and can not be shaped at all. Muscles are composed primarily of proteins and we will be eating more protein and avoiding carbohydrates on our diet plans, so we will have plenty of protein available for shaping our muscles, and very little fat to work against.

Our weight program uses Olympic weights, or free weights. You can do many of these exercises using a machine that is made for the same purpose but you do not have to use a machine or join a spa to have a perfect body, and can buy a set of inexpensive weights and get the results you want at home.

In the exercises you will see some that are being done by myself and my assistant, Linda Bass. She will not be doing all the exercises I do, and will be using less weight on the ones that she does do, but she will be doing the same exercises. The muscles of a man and a woman are



**MARTIAL ARTS
WEAPONS ASSOCIATION**

HOW TO DEVELOP A PERFECT BODY

composed of the same material and thus require the same exercises to make them respond. If you are a woman you do not have to worry about becoming muscle bound or too hard from lifting weights, for you have an extra layer of fat under your skin for nourishment during pregnancy and this will always keep you soft. I have found that the most effective and fastest way for a man or a woman to shape their body is by using weights, and women can shape up just as well as a man and still look absolutely beautiful and feminine.

One word about exercises for women. I feel that those funny looking kicks and swings and other floor exercises you see women doing are interesting to look at and quite cute, if you have nothing else to do and want to waste your time and efforts then by all means do those floor exercises. If you want to shape your body and develop it, stop doing those and begin my program. For too long the rule for women exercising has been, "make it look fun, and not be hard", now this sounds fine, but in reality, it translates to, "make it look cute, and don't worry about it if it is effective". Well, let me tell you they are not effective for anything more than burning up calories. It is absolutely foolish to believe that you can build or tone a muscle by kicking back your leg or swinging your arms, if all that was required to build, tone and firm a muscle was to swing or move the body parts, our arms would have fallen off years



**MARTIAL ARTS
WEAPONS ASSOCIATION**

HOW TO DEVELOP A PERFECT BODY

ago from all the use they get. Imagine me with a football player or bodybuilder on his knees doing kick backs and thinking that that will make his legs grow and firm up. Or a man with a large well defined chest who got it from swinging his arms behind his back and chanting, "I must, I must, I must increase my bust." Ridiculous, isn't it? Yet thousands, indeed millions of women are doing these exercises and hoping and believing that they will make them beautiful. It won't work, and never did, so lets forget that and begin to shape our body by using weights and working our muscles so that they will grow, and by working our muscles we will be burning up our fat.

We will be doing about 4 exercises for each body part, on some of the exercises you won't see Linda doing them because women will not need to build that area as much as a man, particularly in the arms. So if you do not see Linda doing the exercise, you don't need to do it if you are a woman. The only exception is on the flexibility section where I am doing most of the stretches, but you women should do them all too.



MARTIAL ARTS WEAPONS ASSOCIATION

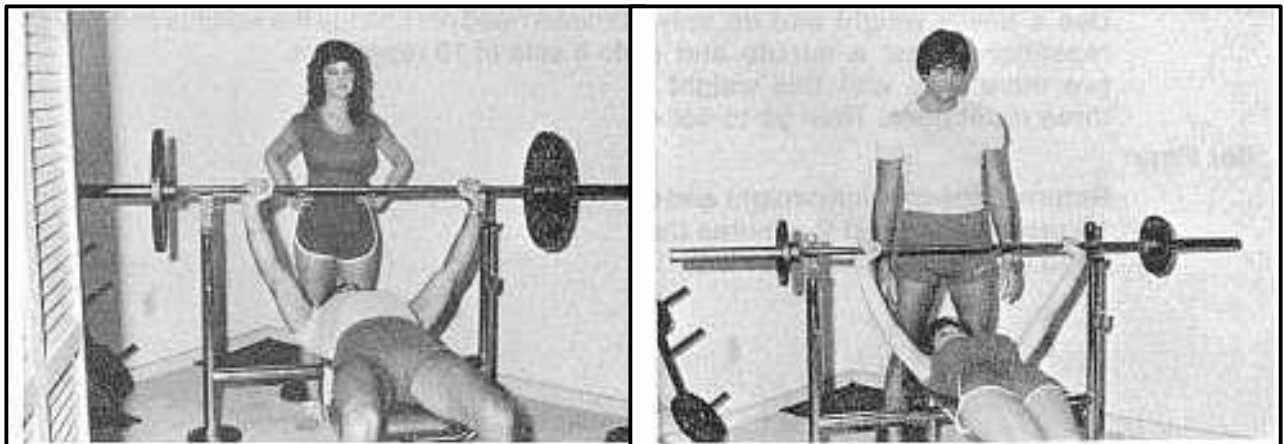
HOW TO DEVELOP A PERFECT BODY

Chest



CHEST EXERCISES

BENCH PRESS: This exercise requires the use of a flat bench that has supports to hold the weight above your head and allows you to grasp and lift it.



Take a deep breath and lift the weight off the stand, hold it a second and begin to slowly lower the weight off the stand, hold it a second and begin to slowly lower the weight till the bar touches your chest. Rest it there a second, then exhale your breath as you push it back up to the original position. Repeat 10 times.



**MARTIAL ARTS
WEAPONS ASSOCIATION**

HOW TO DEVELOP A PERFECT BODY



The bench press is very important for developing the strength and size of the chest muscles so we do more sets than usual on this exercise.

Set One:

Use a very light weight and do 10 repetitions. Rest no more than 11/2 minutes and then go to Set 2.

Set Two:

Use a medium weight and do 6 repetitions. rest 11/2 minutes then go to Set 3.

Set Three:

Use a heavy weight and do only 3 repetitions. Rest a minute and do two more sets with this weight of three repetitions. Then go to set 4.



MARTIAL ARTS WEAPONS ASSOCIATION

HOW TO DEVELOP A PERFECT BODY

Set Four:

**Return to the medium weight and do 10 repetitions.
Rest 2 minutes then go to your next chest exercise.**

NOTE:

I. For future reference all rest periods will be no more than 1 1/2 minutes unless otherwise specified. It is important to keep the muscles pumped up and to not let the body or muscles get cold.

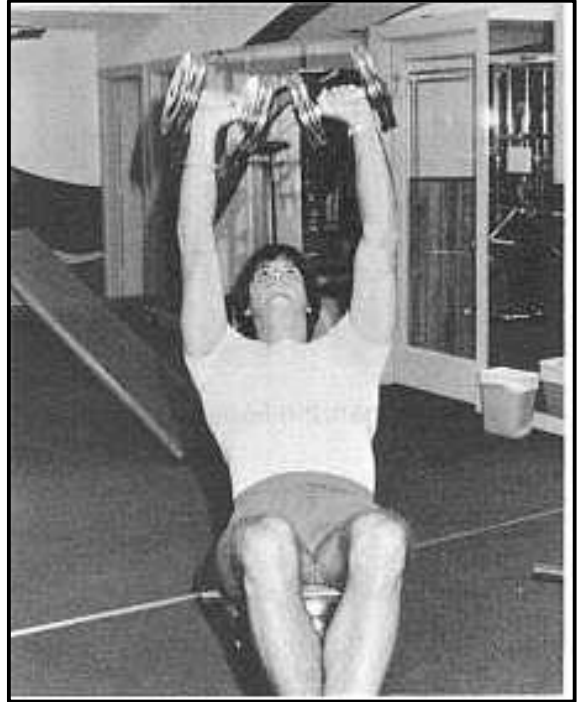
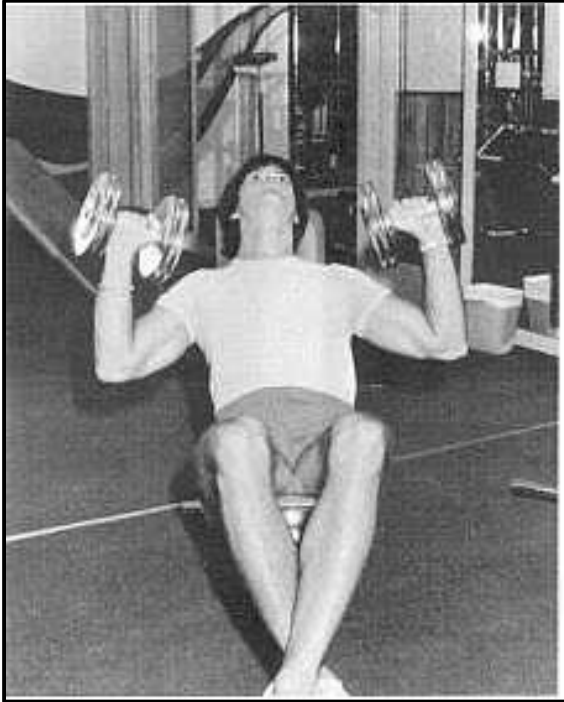
2. A light weight is a weight that you can easily do 10 times but not more than 12 with ease. To determine that you must try different weights until you find one you can do just right. A medium weight is a weight you can do no less than 6 times with ease and no more than 8 times. A heavy weight is one you can just barely do 3 times, maybe 4. Women need not change the weights and may just do 4 sets of 10 repetitions.



**MARTIAL ARTS
WEAPONS ASSOCIATION**

HOW TO DEVELOP A PERFECT BODY INCLINE PRESS:

This chest exercise requires the use of an incline or slant board and dumbbells. Take a medium weight and raise the weight to the sides of your chest.



Take a deep breath, hold it a second then exhale as you raise the weights up straight above your chest. After the weights are straight up, begin to come down and fill your chest with air as much as possible to fully expand its muscles. Rest then go back up for 8 repetitions.

Do 4 sets of 8 repetitions. Rest no more than 2 minutes then go to your next chest exercise.

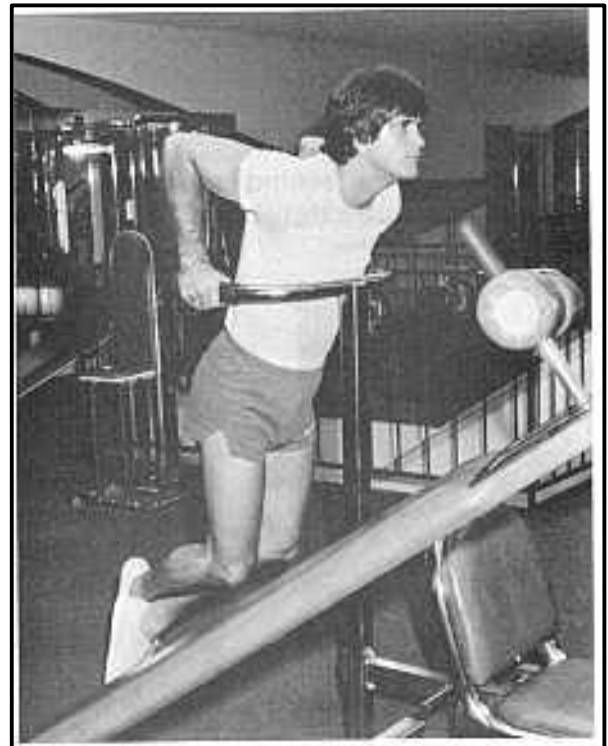
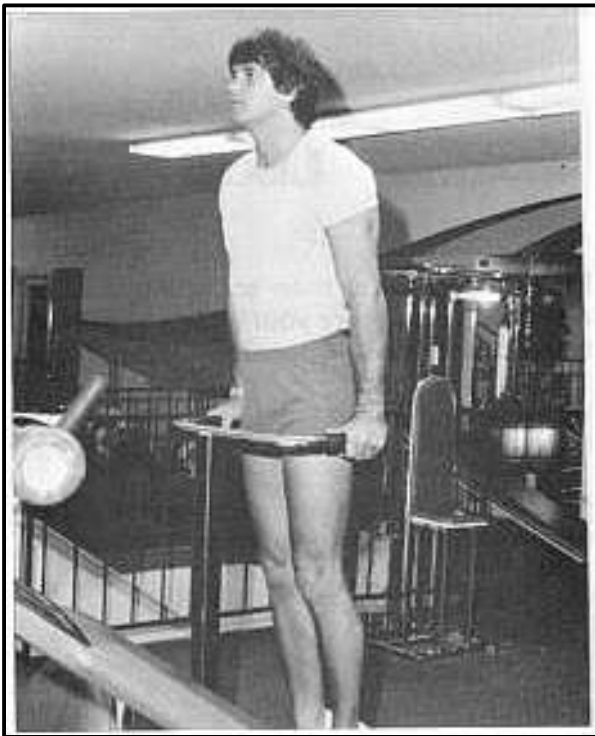


**MARTIAL ARTS
WEAPONS ASSOCIATION**

HOW TO DEVELOP A PERFECT BODY

DIPS:

The name of this exercise comes from the dipping motion that is used when the exercise is being done. To do it you need a dipping bar or you can use two chairs you have spread about 3 feet apart. Hold yourself off the ground supported by your arms, keeping the back straight and looking straight ahead.



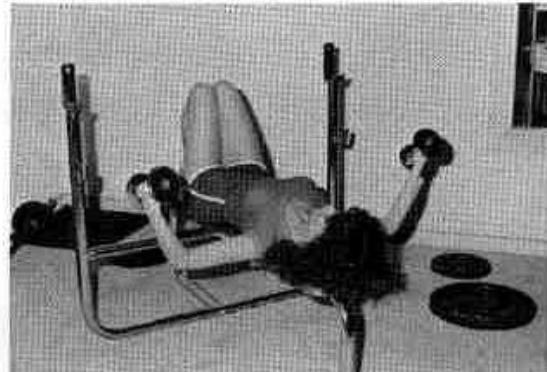
Now slowly lower yourself down till your shoulders drop below the parallel. Breath in deeply as you dip down and blow your air out as you come up. Do 4 sets of as many repetitions as you can do.



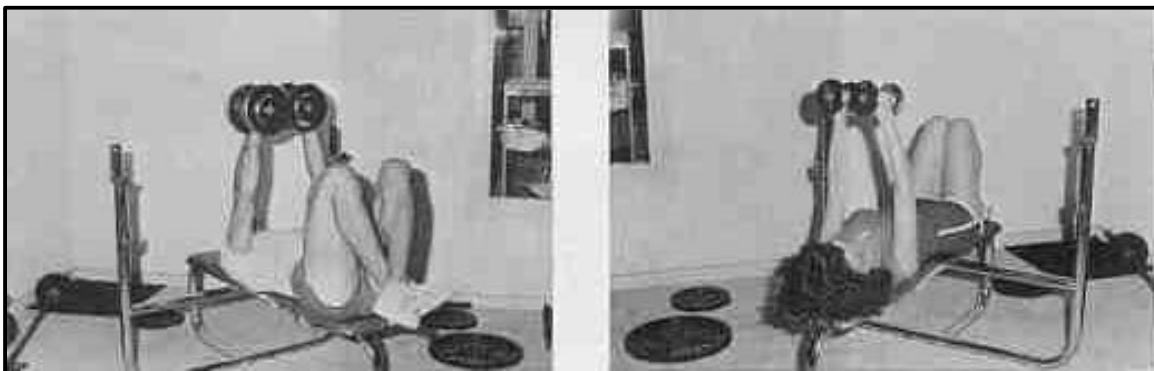
MARTIAL ARTS WEAPONS ASSOCIATION

HOW TO DEVELOP A PERFECT BODY FLIES:

This exercise is excellent for developing the individual size and definition of the pectorals and should be done with a light weight that you can control easily.



Lie on your back on a flat bench and raise your legs off the floor and cross them (this helps you stay balanced). Hold the weight above your chest and slowly lower them to the side. Hold the weights at this full extension for a few seconds to really stretch the pecs.

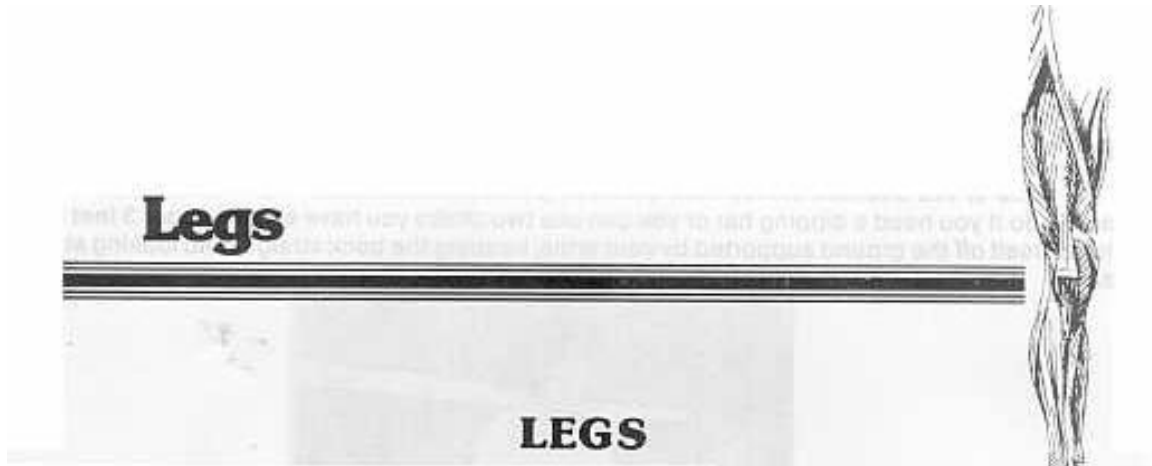


Then as you raise the weights back up deeply the tighten the muscles, keeping the arms as straight as possible, begin to breathe out and raise the weights back up to the starting position.



**MARTIAL ARTS
WEAPONS ASSOCIATION**

HOW TO DEVELOP A PERFECT BODY



SQUATS:

No exercise will build your legs faster than squatting, and no exercise is less fun than squatting. It's effective because your legs are your body's largest muscle group and will respond very fast to exercise. It's also dangerous if you use poor form, such as bouncing because It can weaken the knees.

If you have a squat rack, use it and you can use a heavier weight. If you do not, you must either use a lighter weight or a partner to help you get the weight up to your shoulders and down after you exercise.

Take the weight and place it squarely on your shoulders keeping the back as straight as possible and the head pointed up towards the ceiling for balance. Take a deep breath and begin to squat down.



**MARTIAL ARTS
WEAPONS ASSOCIATION**

HOW TO DEVELOP A PERFECT BODY



Continue your squatting motion until your behind breaks parallel with the ground. You may use a bench under your seat for a stopping and safety point. Immediately come back up, without resting and certainly without bouncing.



Do 4 sets of 8 repetitions with a medium weight. Rest 1 1/2 minutes then go to your next leg exercise.



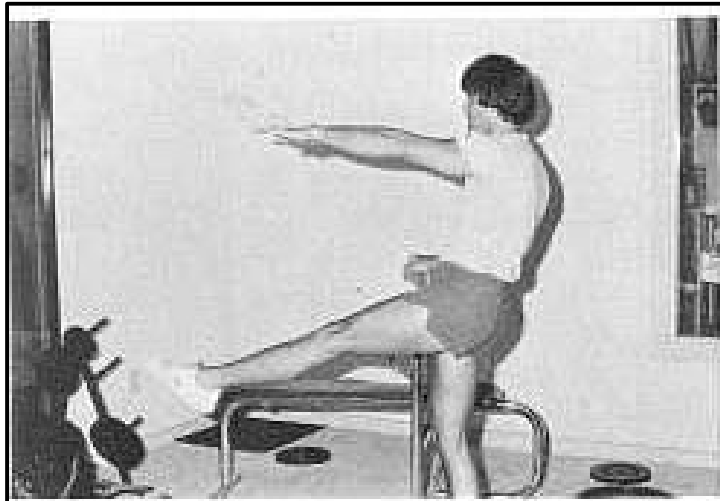
**MARTIAL ARTS
WEAPONS ASSOCIATION**

HOW TO DEVELOP A PERFECT BODY

ONE LEGGED SQUATS:

This exercise is good for those who do not have the use of a squat rack or a partner. It is good for keeping your legs in shape while traveling. The beginner may want to use a chair for support and balance while learning and developing their muscles.

Stand by your chair with one leg extended out and the opposite arm out for balance. Hold the chair with the other arm. Now take a deep breath and begin to squat down.

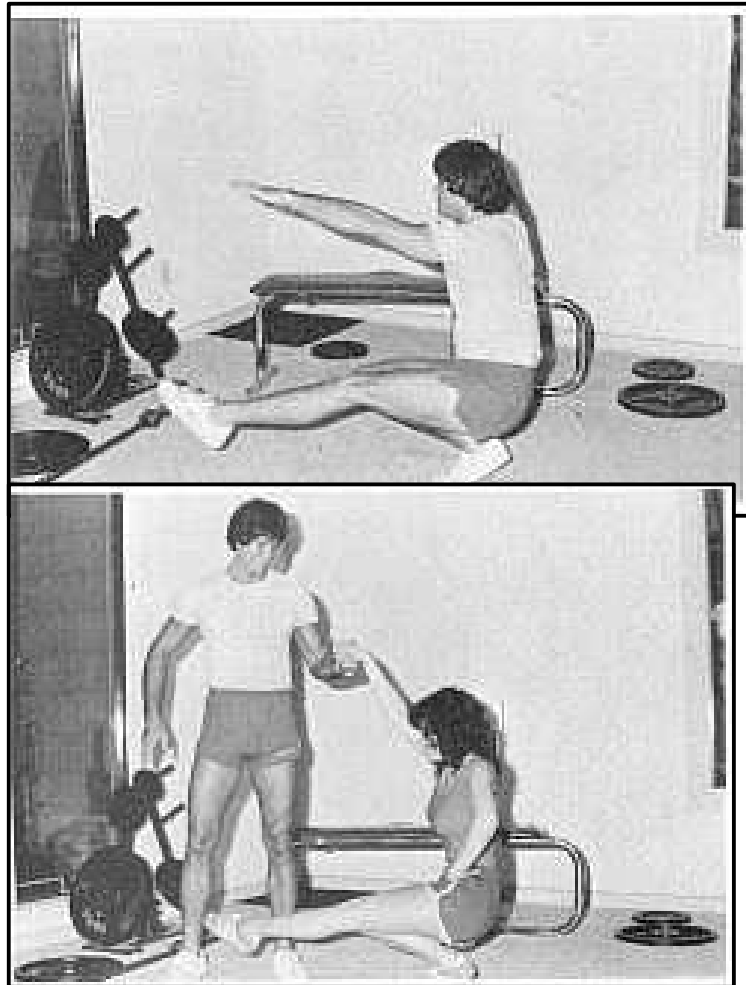




MARTIAL ARTS WEAPONS ASSOCIATION

HOW TO DEVELOP A PERFECT BODY

Go all the way down until you break parallel with the ground and then immediately begin to breath out and come back up. You may use the chair to push against if you need the help.



Do 4 sets of 8 repetitions, then rest and go to your next leg exercise.



**MARTIAL ARTS
WEAPONS ASSOCIATION**

HOW TO DEVELOP A PERFECT BODY

CALF RAISES:

This exercise is excellent for developing the calf muscles and also for defining them. Take a bar and place a medium weight upon your shoulders, holding it with a wide grip.



Take a deep breath and begin to raise up and down onto your toes, causing the calf muscles to extend fully and stretch on each movement.



**MARTIAL ARTS
WEAPONS ASSOCIATION**

HOW TO DEVELOP A PERFECT BODY



Do 4 sets of as many as you can possibly stand. After about 15 your legs will start to burn or become painful, and that is when it is working best, so keep on going until you can't stand the pain anymore. If you can do more than 25, go up on your weight.



**MARTIAL ARTS
WEAPONS ASSOCIATION**

HOW TO DEVELOP A PERFECT BODY

Shoulders



MILITARY PRESS:

This is possibly the best all-around exercise you will ever do. It works almost all the parts and muscles of the body. The legs are worked as you squat down to pick up and lower the weight. The arms are used in pushing the weight and lifting it. The back is strengthened as you lift. The abdomen is worked as it supports your body when you lift, and of course the shoulders are worked, the most as you push the weight above your head.

Begin with the body in the normal position and bend the legs while you reach down and grasp the bar about shoulder width. **DO NOT LIFT THE WEIGHT WITH YOUR BACK**, but lift with your legs and bring the bar up to your shoulders and rest it there.





MARTIAL ARTS WEAPONS ASSOCIATION

HOW TO DEVELOP A PERFECT BODY

Hold the weight on your shoulders until you feel balanced and set for your lift. Now take a deep breath and push the weight straight up above your head until your arms lock out. Hold it a second then come back down to your rest position, then down to the starting position.



Do 4 sets of 8 repetitions, rest, then go to the next shoulder exercise



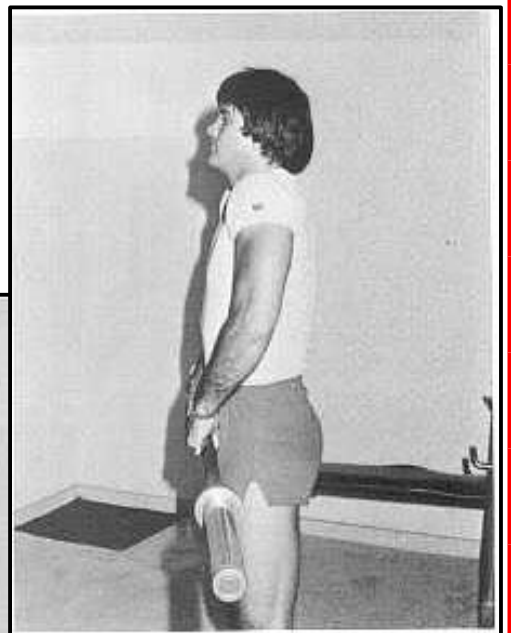
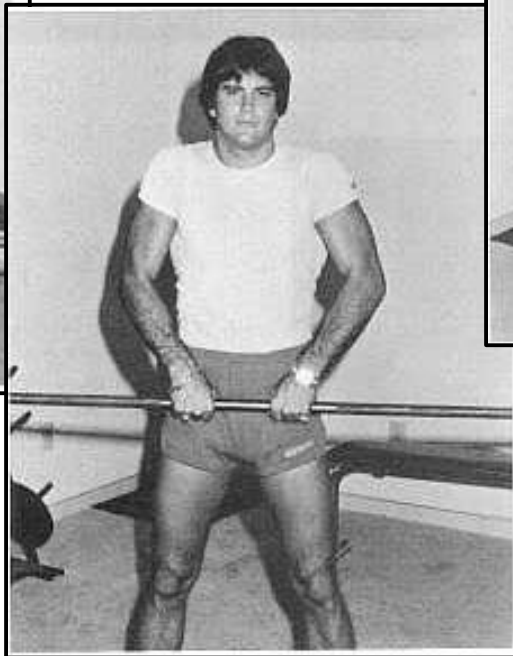
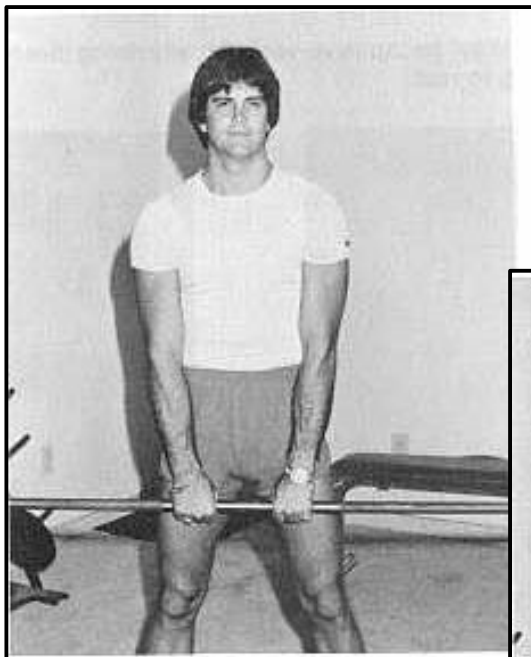


**MARTIAL ARTS
WEAPONS ASSOCIATION**

HOW TO DEVELOP A PERFECT BODY

SHOULDER SHRUGS:

This particular exercise requires very little movement but gives impressive results. Take the Olympic bar and hold it balanced with your hands about 8 inches apart. Now take a deep breath and begin to shrug or roll the shoulders backwards.



Roll the shoulders backwards 8 times then forward 8 times. Do 4 sets of 8 repetitions in each direction. Rest and then go to the next shoulder exercise.

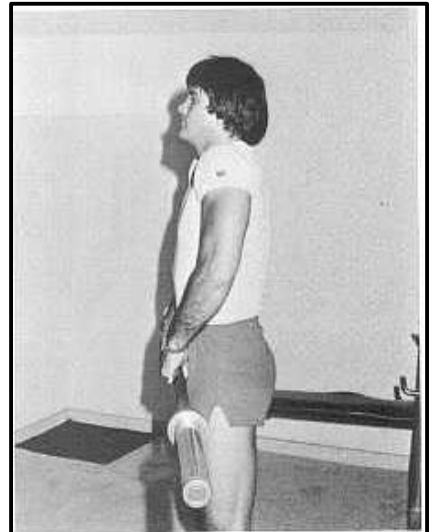
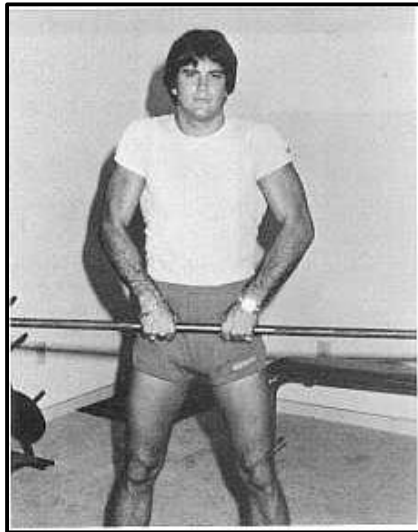
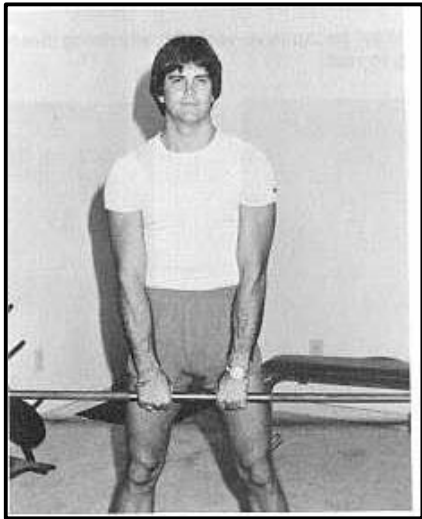


**MARTIAL ARTS
WEAPONS ASSOCIATION**

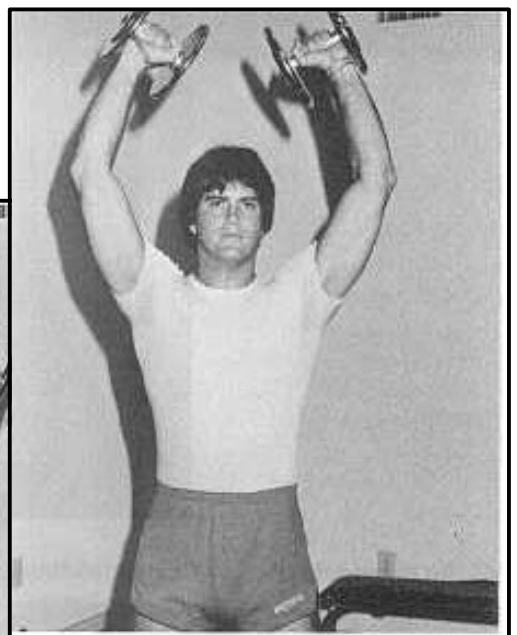
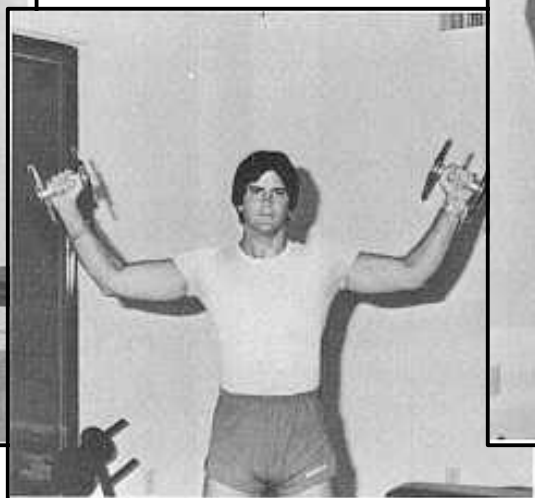
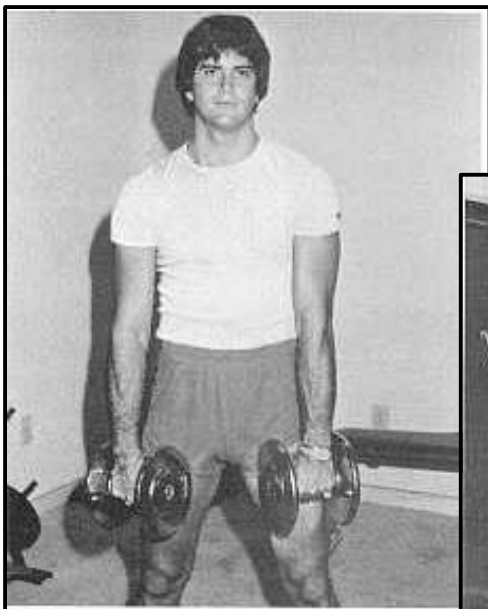
HOW TO DEVELOP A PERFECT BODY

3 WAY EXERCISE:

This exercise is called "3 Way" because you are actually doing three different moves or exercises at one time without stopping to rest.



Take a breath and begin to raise the weight straight up above your head.





**MARTIAL ARTS
WEAPONS ASSOCIATION**

HOW TO DEVELOP A PERFECT BODY

After getting the weights straight up, begin to come down to the sides and in a circle towards the front, until you return to the beginning position.



Do this 5 times.

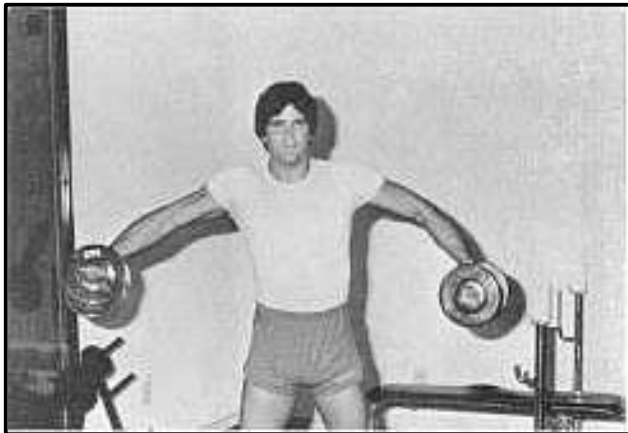
After going up and over 5 times, take another deep breath and this time raise the weight straight to the sides and up, keeping the arms a little bent to work the shoulders more. Do this part 5 times.



MARTIAL ARTS WEAPONS ASSOCIATION

HOW TO DEVELOP A PERFECT BODY

Return to the starting position and this time take the weights and thrust them straight back and up and far as you can behind the body. Really concentrate on the shoulders and squeeze and tighten them as hard as you can in this part.



Do this 5 times and then rest 11/2 minutes and repeat this exercise in 4 sets of 8.



**MARTIAL ARTS
WEAPONS ASSOCIATION**

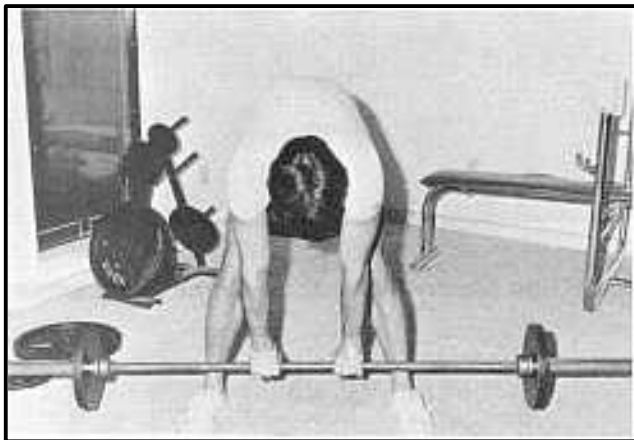
HOW TO DEVELOP A PERFECT BODY

Lats



BENTOVER ROWS.

This exercise will develop the width of your lats and is excellent for giving one that "V" look. You need a chair or a stool that you can rest your head on for support and an Olympic bar. Hold the bar very wide and slightly bend the legs.





MARTIAL ARTS WEAPONS ASSOCIATION

HOW TO DEVELOP A PERFECT BODY

Take a deep breath and begin to pull the bar up towards your chest until you touch your chest with the bar. Now let the bar down in a circle towards the ground.



Do 4 sets of 8 repetitions, rest, then go to the next lat exercise



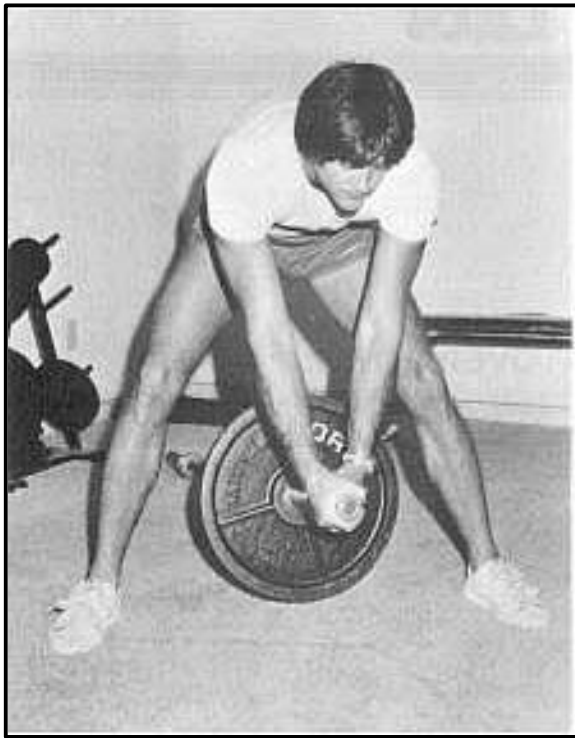
**MARTIAL ARTS
WEAPONS ASSOCIATION**

HOW TO DEVELOP A PERFECT BODY

LAT PULLS:

This exercise is good for developing the length of your lats and requires the use of an Olympic bar with the weight only on one end and the other end against the wall.

Grasp the bar near the end and take a deep breath.

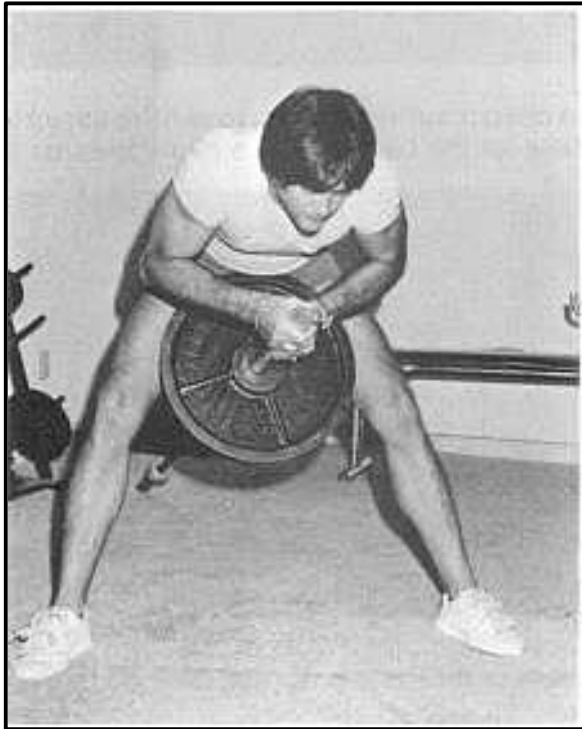




MARTIAL ARTS WEAPONS ASSOCIATION

HOW TO DEVELOP A PERFECT BODY

Pull the weight up until the weight touches your chest, and then slowly lower the weight down while breathing out.



Do 4 sets of 8 repetitions, rest, then go to the next lat exercise.



**MARTIAL ARTS
WEAPONS ASSOCIATION**

HOW TO DEVELOP A PERFECT BODY

LAT PULLS:

This exercise is good for developing the length of your lats and requires the use of an Olympic bar with the weight only on one end and the other end against the wall.

Grasp the bar near the end and take a deep breath.

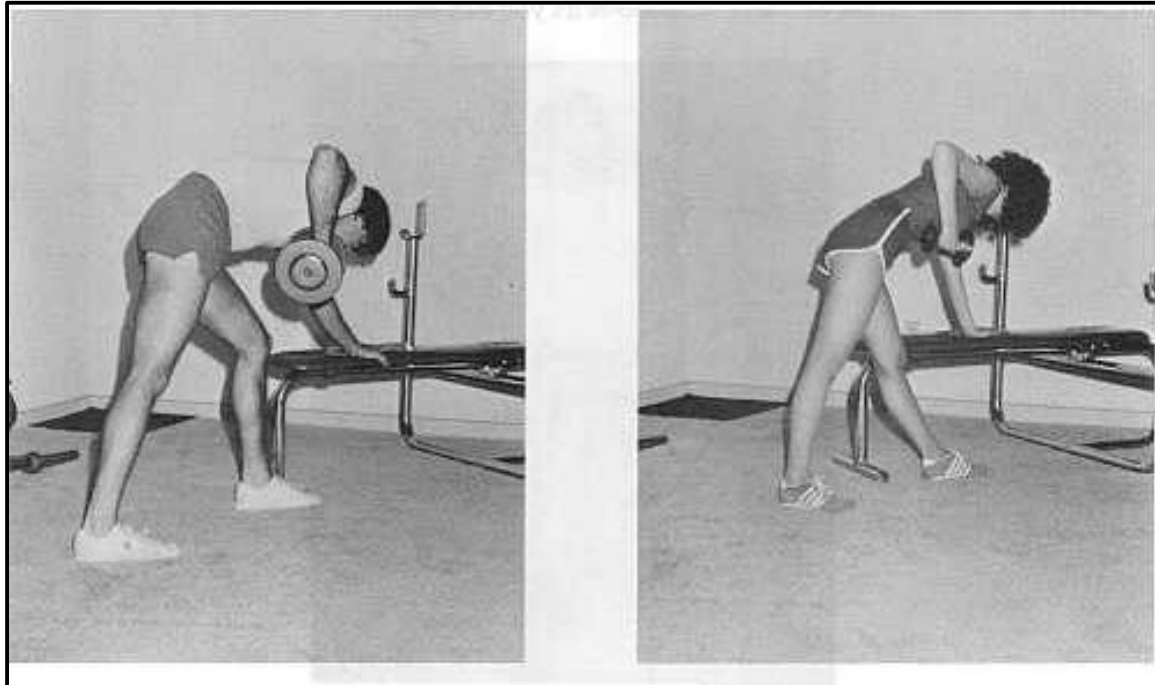




**MARTIAL ARTS
WEAPONS ASSOCIATION**

HOW TO DEVELOP A PERFECT BODY

Pull the weight up until the weight touches your chest, and then slowly lower the weight down while breathing out.



Do 4 sets of 8 repetitions, rest, then go to the next lat exercise.



**MARTIAL ARTS
WEAPONS ASSOCIATION**

HOW TO DEVELOP A PERFECT BODY

PULL UPS:

No other exercise will do more for the lats than the standard pull up. There are several ways or grips you can use to pull yourself up. Forward, backwards, and interlocked. We will use a grip with our palms facing away from our face and pull ourselves up until the bar touches the back of our shoulders.

Hand suspended from the bar for a few seconds to stretch the lats.



Now take a deep breath and pull yourself up until the back touches the bar. Hold it a second then come down and back up for as many repetitions as you can do.

Do 4 sets of as many repetitions as you can each set.



**MARTIAL ARTS
WEAPONS ASSOCIATION**

HOW TO DEVELOP A PERFECT BODY

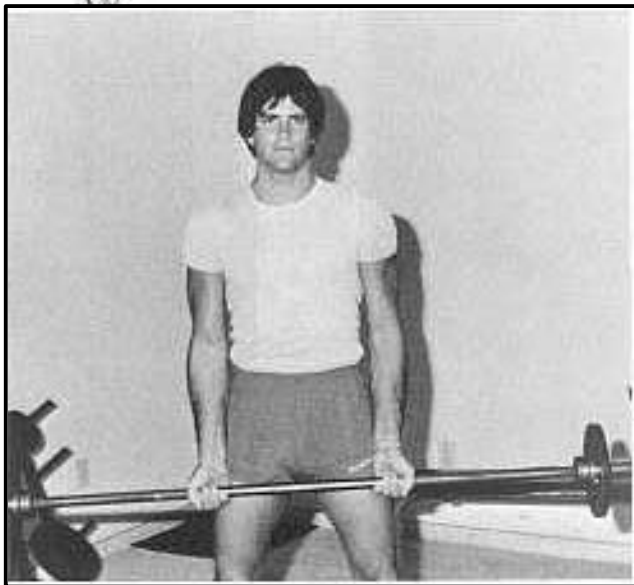


BICEPS

BARBELL CURLS:

This exercise is the very best for building size on the biceps and requires the use of rather heavy weight and an Olympic bar.

Hold the bar in your hands with the arms about shoulder width. Take a deep breath and slowly raise the bar towards your chest.



Raise the bar up until your arms can bend no more, being careful not to sway or bend the back to raise the bar, and trying to keep the elbows close to the sides. Do 4 sets of 8 repetitions, rest, then go to the next arm exercise



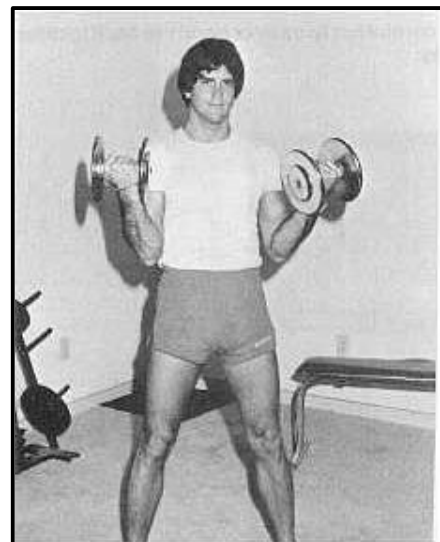
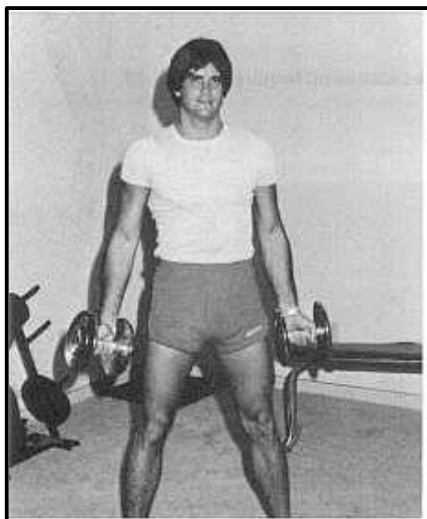
**MARTIAL ARTS
WEAPONS ASSOCIATION**

HOW TO DEVELOP A PERFECT BODY
DUMBBELL CURLS:

This is performed the same way as the barbell curls but you use a set of dumbbells to give the arms more isolation. Stand with the feet normal and hold a dumbbell in each hand.



Now take a deep breath and slowly raise the weights up to the sides as far as you can. Keep the elbows close to the sides and do not bend the back for help. Do 4 sets of 8 repetitions, rest, then do the next arm exercise.



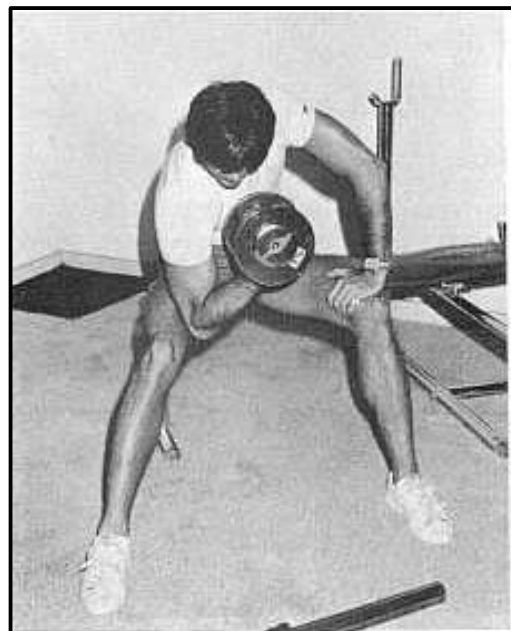
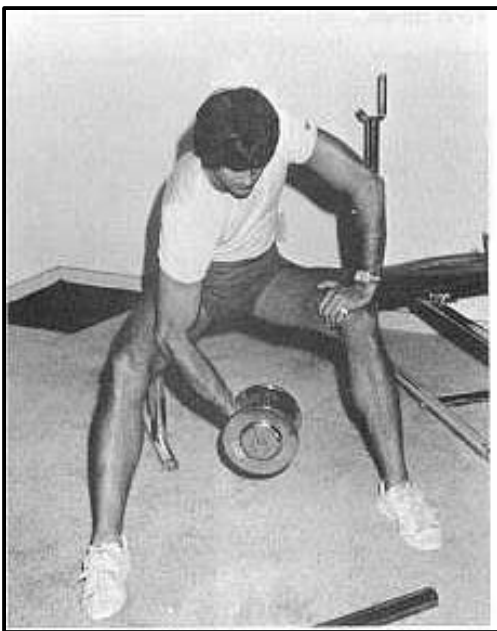


**MARTIAL ARTS
WEAPONS ASSOCIATION**

HOW TO DEVELOP A PERFECT BODY CONCENTRATION CURLS:

This exercise is especially helpful for increasing the head or top of the bicep, and uses the dumbbells for the lifting motion.

Sit on a bench with the feet spaced widely apart and one arm supported on your leg with the other arm resting inside next to your thigh and holding the dumbbell.



Now slowly raise the arm up as far as it will bend and curl the wrist out as hard as you can to really peak the bicep. Hold this a few seconds then slowly let the weight down. It is very important to let the weight down very slowly for this builds the muscle as well as lifting the weight does. Alternate arms for one set.

Do 4 sets of as many lifts as you can with each arm. Try to get every single effort you can to make one more lift for each set.



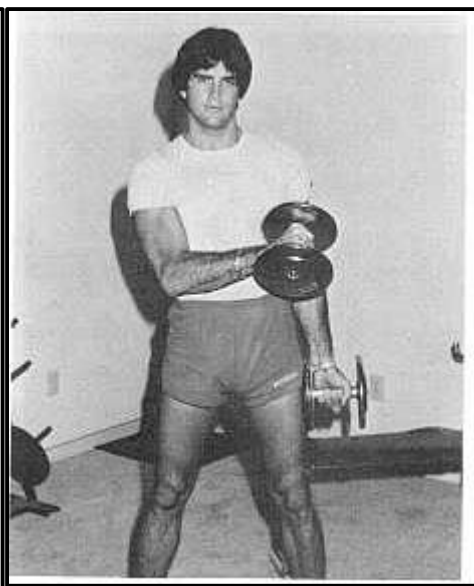
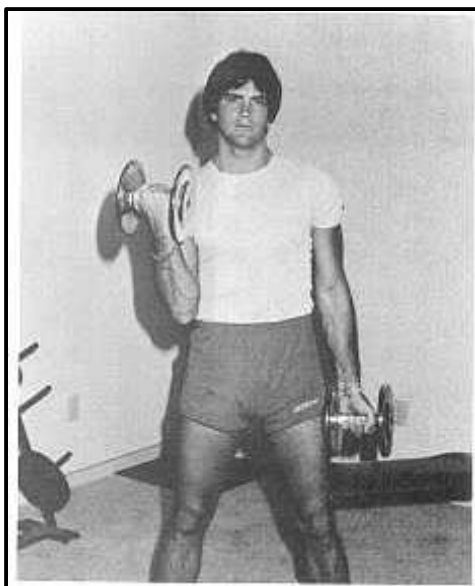
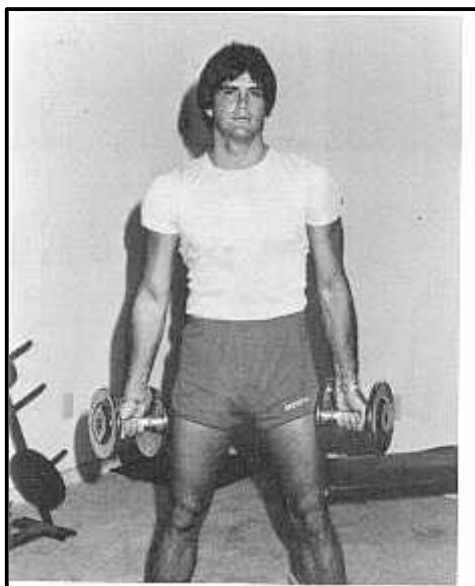
MARTIAL ARTS WEAPONS ASSOCIATION

HOW TO DEVELOP A PERFECT BODY

ZOTMAN CURL:

These curls use the dumbbells again and start out the same as the regular dumbbell curl, but once you get to the top, the returning motion is different.

Stand in the normal position and raise the weight, one at a time, up to the sides. After the weight is all the way up, turn the arm sideways as if you were arm wrestling someone and let the weight cross in front of the chest and then return down.



Alternate each arm and watch your bicep and your motion for strictness as you do each lift and return.

Do 4 sets of 8 repetitions, with each arm, rest, then go to the next exercise.



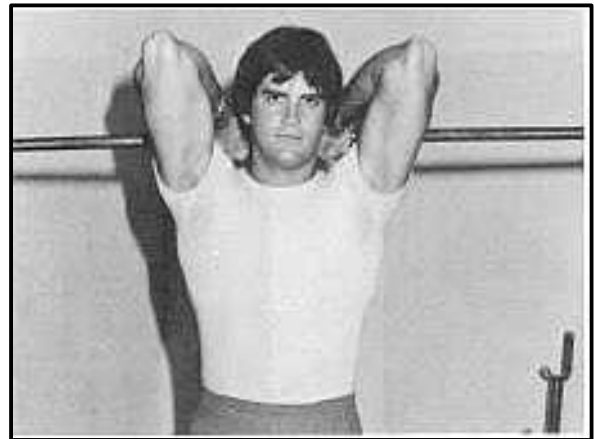
**MARTIAL ARTS
WEAPONS ASSOCIATION**

HOW TO DEVELOP A PERFECT BODY

TRICEPS

FRENCH CURLS:

This exercise is done lying on your back with a dumbbell raised above your chest sideways to the body.



Bend the arms at the elbow and lower the weight until the weight almost touches your chest. Do not let it touch your chest, but come back up just before it does. Alternate arms for one set.

Do 4 sets of 8 repetitions with each ser , rest, then go to the next triceps exercise.



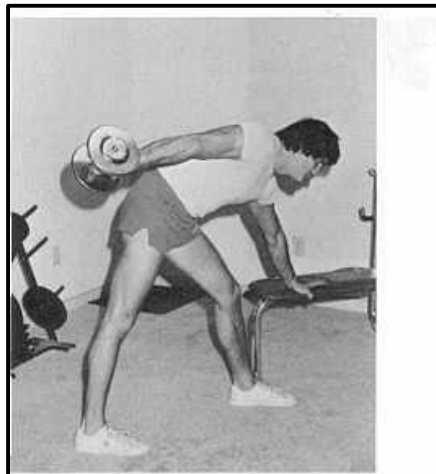
**MARTIAL ARTS
WEAPONS ASSOCIATION**

HOW TO DEVELOP A PERFECT BODY TRICEP KICKBACKS:

This exercise helps develop definition as well as size, and is done using a light set of dumbbells. Lean over supporting your weight on the bench with your free hand. Hold a dumbbell in one hand and take a breath.



Now kick or push the dumb bell I as far back and as high up as you can, turning the weight sideways as you push back to peak the triceps muscle. Slowly come back down.



Do 4 sets of 8 repetitions with each arm , rest, then go to the next triceps exercise

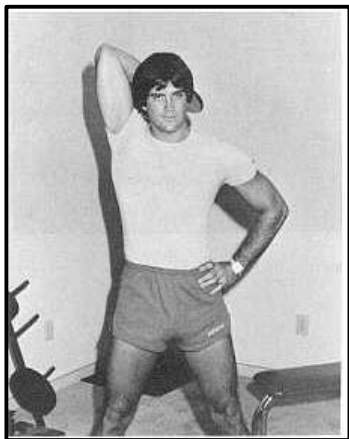


**MARTIAL ARTS
WEAPONS ASSOCIATION**

HOW TO DEVELOP A PERFECT BODY

FRENCH EXTENSION:

his exercise is excellent for lengthening the triceps and thus adding to its size. Hold a dumbbell above your head and sideways to the body.



Now bend the arm at the elbow and lower the weight slowly until your arms can bend no more. Hold this a second, keeping the arm close to the side of the head and the elbow pointed up. Now raise the weight back up. Alternate arms for one set.



Do 4 sets of 8 repetitions with each arm, rest, then go to the next triceps exercise.



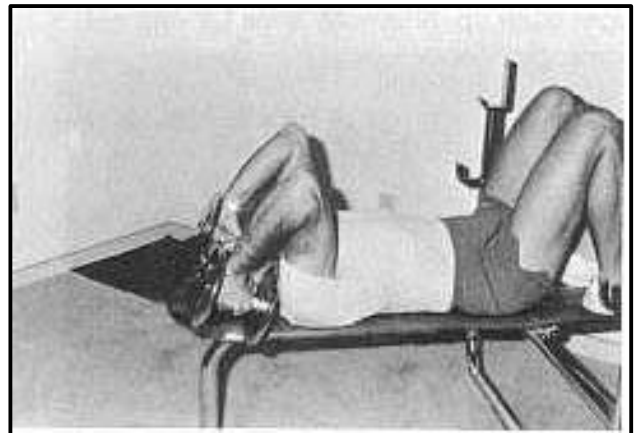
MARTIAL ARTS WEAPONS ASSOCIATION

HOW TO DEVELOP A PERFECT BODY

FRENCH EXTENSIONS: Again you are lying on the bench, but this time with two dumbbells above your head and the weights parallel with the body direction. Hold the weights above your head and take a deep breath.



Slowly lower the weights at the elbow until they are by the sides of your head. Keep the elbows pointed up and close to the body. Then come back up to the original position before resting. Do 4 sets of repetitions, rest, then go the next exercise.

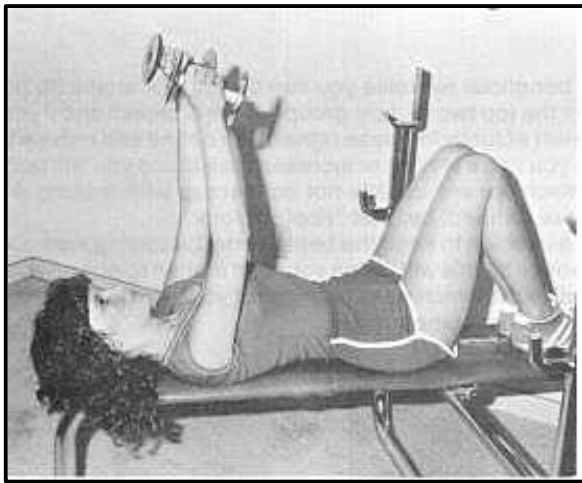




**MARTIAL ARTS
WEAPONS ASSOCIATION**

**HOW TO DEVELOP A PERFECT BODY
TRICEP EXTENSION:**

The triceps constitute 3/4 of the arm's muscle mass and so more exercises and work should be done to build this muscle group rather than the biceps. Hold a barbell above your head with your hands about 6 inches apart.



Do 4 sets of 8 repetitions, rest, then go to the next tricep exercise.



**MARTIAL ARTS
WEAPONS ASSOCIATION**

HOW TO DEVELOP A PERFECT BODY

ADBOMENS

SIT-UPS:



Sit-ups are the most beneficial exercise you can do for your stomach, but not the only one you should do. They only work the top two muscle groups of the stomach and if you do them with a weight or on too high a slant you will actually increase rather than define and reduce the size of the stomach. This is because any time you use a weight or increase resistance you will build a muscle, not reduce its size, and on the stomach we are usually not concerned with making it bigger but rather with making it smaller and more defined, i.e. that "rippled" look.

Lie on the floor, or on a cushion to keep the behind from becoming sore. Cross the arms in front of the chest, not behind the neck as this will cause your first motion to pull on your neck and if you do too many sit-ups your neck will ache which does nothing for your stomach. You may put your feet under something or push them against something.





MARTIAL ARTS WEAPONS ASSOCIATION

HOW TO DEVELOP A PERFECT BODY

Now, while blowing your air out, pull yourself up until you are almost touching your legs with your arms. Do not go all the way up to your knees. This does nothing for the stomach muscles, but only serves to let you rest. Come immediately back down to the starting position. Do not go all the way to the ground, but only until the back barely touches the ground.



Do 1 00 sit-ups without stopping or resting. If you can't do 1 00, then do as many as you can, rest, then do some more, rest, do some more, etc.-DO NOT GET UP UNTIL YOU HAVE DONE ALL 1 00 SIT-UPS.



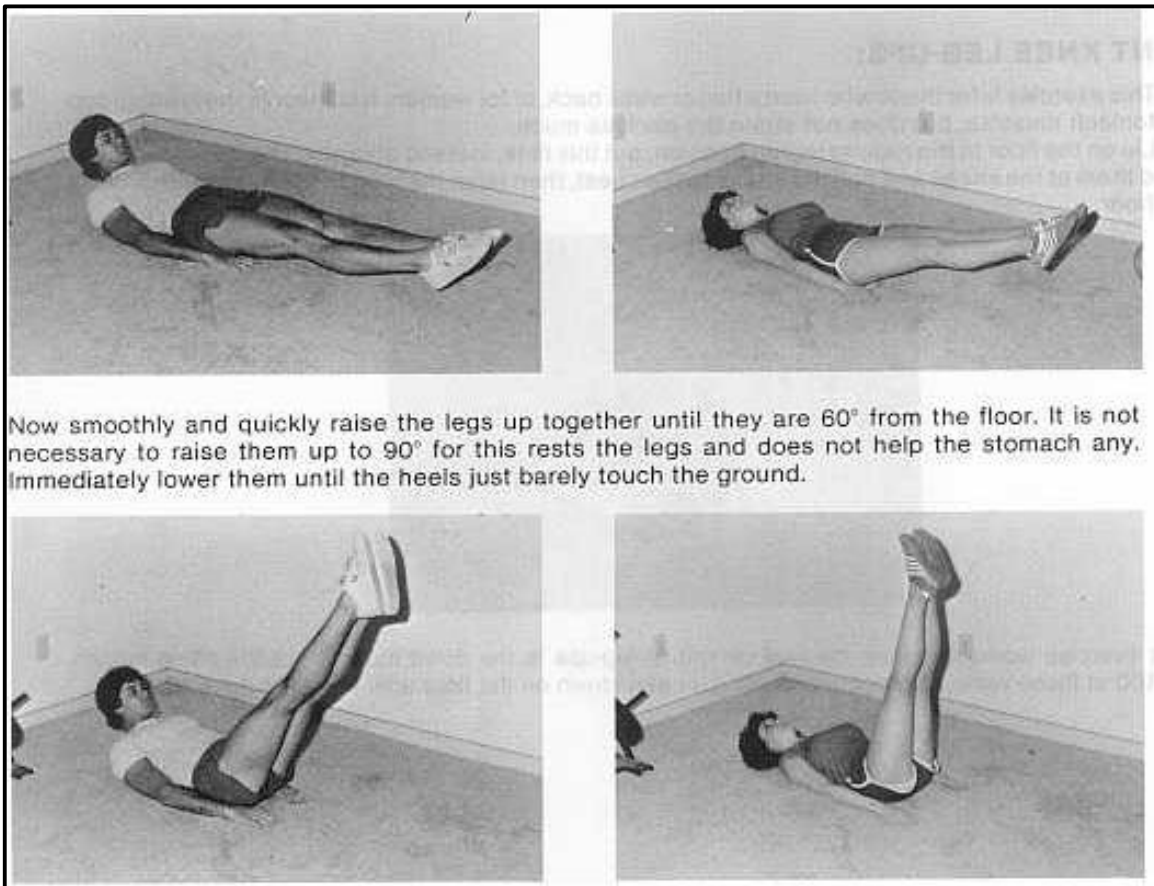
**MARTIAL ARTS
WEAPONS ASSOCIATION**

HOW TO DEVELOP A PERFECT BODY

LEG-UPS:

Leg-ups work the lower two muscle groups of the stomach and are excellent for eliminating that pot-belly, or beer gut you see on so many of today's men.

Lie on the floor with your hands placed palm down under your behind. This helps to reduce the strain on your back. Lift the feet about 6 inches off the ground and point the toes.



Do 100 of these leg-ups without stopping or resting on the motions. If you have trouble, work up to them. Something that might help is to count only to 10



MARTIAL ARTS WEAPONS ASSOCIATION

HOW TO DEVELOP A PERFECT BODY

say to yourself, "I will just do 10 more", etc., until you have done all 100.

BENT KNEE LEG-UPS:

This exercise is for those who have a bad or weak back, or for women. it still works the lower group of stomach muscles, but does not strain the back as much.

Lie on the floor in the regular leg-up position, but this time, instead of raising the legs straight up, bend them at the knees and pull the knees to the chest, then raise them up to 60" angle and down to the floor.



This exercise works because the real benefit of leg-ups is the down motion, not the lifting motion. Do 100 of those without stopping or resting, or stay down on the floor until you have done all 100.

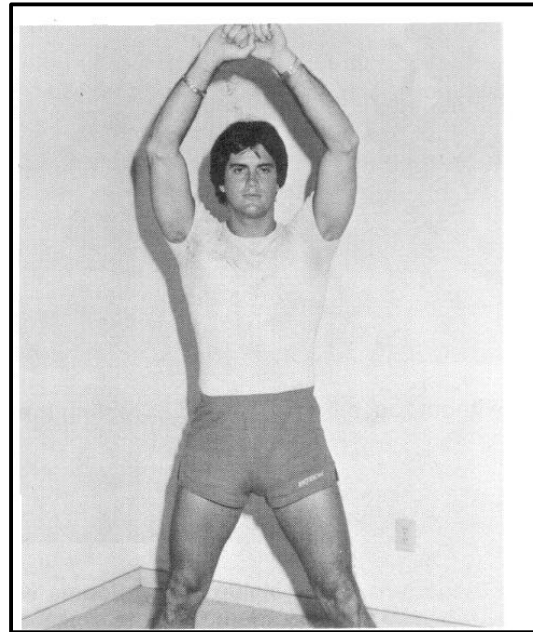
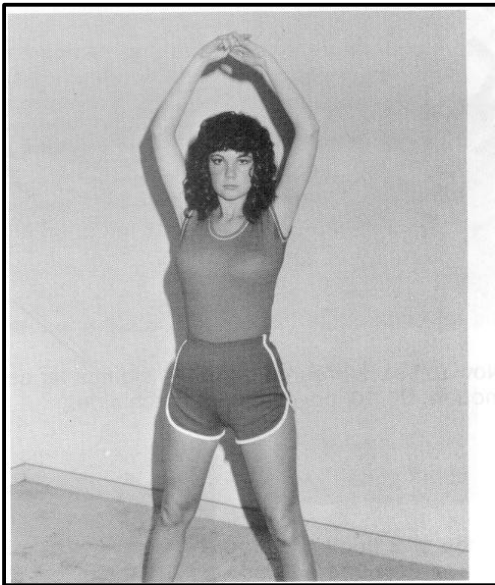


**MARTIAL ARTS
WEAPONS ASSOCIATION**

HOW TO DEVELOP A PERFECT BODY SIDE BENDS:

If you have that annoying "spare tire" look, or "love handles", the only way to get rid of it, is by exercise and diet. We will discuss diet later, but the only exercise to get rid of them is the side bend.

Stand with the feet shoulder width apart. Stretch the arms straight above the head and hold the hands together. It is important to stretch the arms as high as possible and keep them stretched during the whole movement.

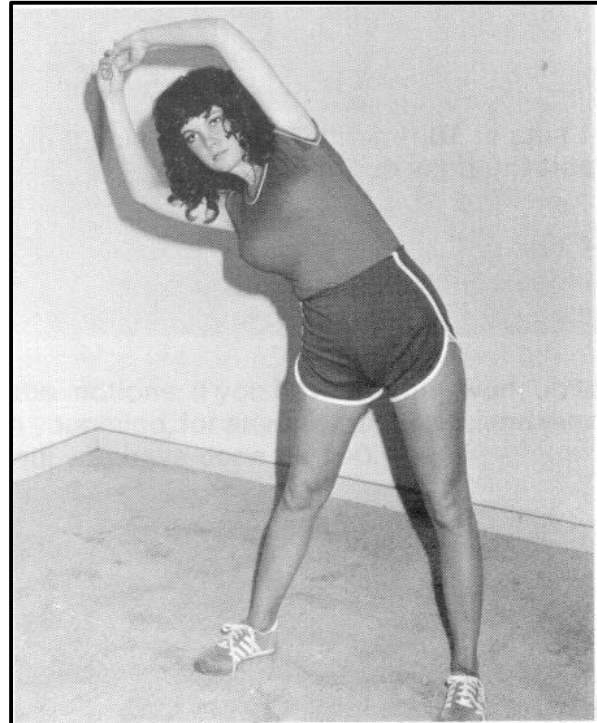
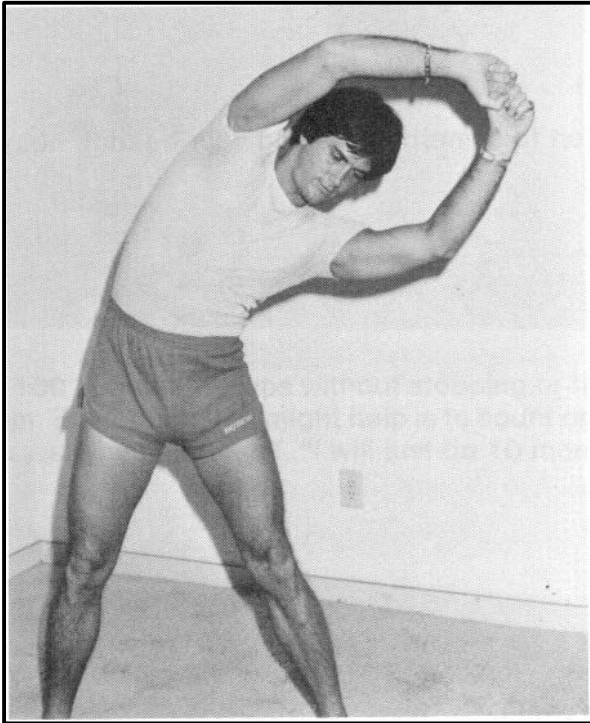


Now slowly bend to the right as far as you can, keeping the hips as straight as possible and not bending side to side with the movement. Then stretch to the other side. If it does not hurt when you do it, it is not working because you are either not stretching the arms up high enough or leaning straight to the side.



**MARTIAL ARTS
WEAPONS ASSOCIATION**

HOW TO DEVELOP A PERFECT BODY



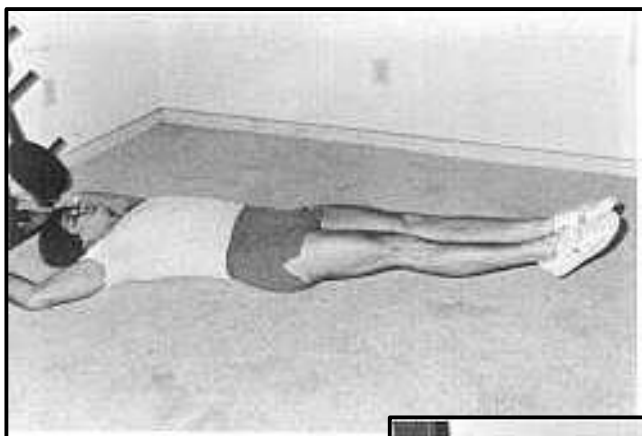
Do about 12 to each side. You can vary the exercise by holding only one arm above your head and leaning to the side so that the arm becomes parallel with the ground. Alternate arms and do at least 12 to each side



**MARTIAL ARTS
WEAPONS ASSOCIATION**

HOW TO DEVELOP A PERFECT BODY LEG CIRCLES:

This exercise is rather difficult but it is extremely effective for defining the stomach muscles and reducing the sides. Lie on your back on the floor with the feet together and 6 inches off the floor. Now move the legs to the right side turning the hips until the legs are as far to the right as you can bring them. Keep the legs together and the feet about 6 inches off the ground.



Now roll back around to the left side as far as you can without touching the ground or resting the motion. Do 10 movements to each side. Do 4 sets of 10 repetitions to each side. You can hold on to something behind your head to help support the body during the movement

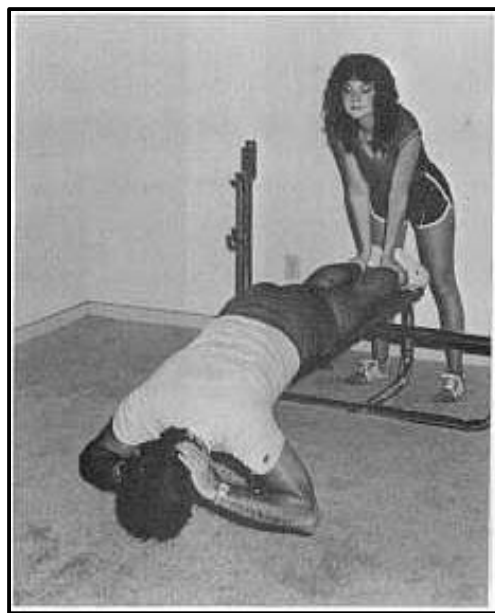


**MARTIAL ARTS
WEAPONS ASSOCIATION**

HOW TO DEVELOP A PERFECT BODY

BACK HYPEREXTENSIONS:

This exercise is excellent for strengthening the lower back, but is rather difficult and should not be done by anyone with a weak or bad back. Lie over a bench with more of your weight off of the bench. Support your weight by your heels being under another bench, or held by your partner. Place your arms behind your neck.



Now slowly and smoothly raise yourself up until your back is arched up as far as you can arch it. Hold it a second and then go back down to the floor.

Do 4 sets of 6 of this exercise. If you find it hurts you to do this many, you should practice by doing them lying flat on the floor and just arching your back.



**MARTIAL ARTS
WEAPONS ASSOCIATION**

HOW TO DEVELOP A PERFECT BODY

FLEXIBILITY

If you are going to have a perfect body, you must have a flexible body. Being stiff not only detracts from one's physical powers, but also causes one to not look as well as they could because of such things as poor posture, aching backs and stiff muscles. A flexible man should be able to place his palms on the floor, touch his head to the ground when sitting in a V stretch, swing his leg up to his chest, bend his back easily and fully in all directions, move his joints and torso quickly and smoothly, and have a strong and flexible neck.

Now if you don't have all of these characteristics, don't feel badly. By following the stretching program you will find in this chapter, you will be able to improve your flexibility to such an extent that being stiff or immobile in any way will not be a problem to you anymore.

I have been using this program for 10 years now and have actually increased my own flexibility in the last few years, and more importantly, I do not have to stretch vigorously everyday to remain this flexible. The body is like a piece of paper or a piece of clay-once you bend or fold the paper a crease always remains in the paper, and once you stretch the clay it becomes much more pliable. Once you truly get your muscles stretched, you will stay flexible for literally years by just



**MARTIAL ARTS
WEAPONS ASSOCIATION**

HOW TO DEVELOP A PERFECT BODY

warming them up and maintaining the stretch. A common problem for many people, in their flexibility, is that they have never really stretched their muscles. They have just limbered them up and thus they are not flexible, but are constantly in pain and become sore every time they re stretch. This problem is eliminated by doing your stretches properly and every other day until you are quite flexible, then you will not have any stiffness or soreness associated with your stretching.

ROTARY ARM SWING:

Always begin your stretching program with your upper body and proceed down to the legs and lower body.

Stand in a natural stance with the arms by the side And then while breathing in and out at a calm and steady rate, begin to make large circles up and over the shoulders. Make the circles in each direction, first forward then backwards for 8 times.





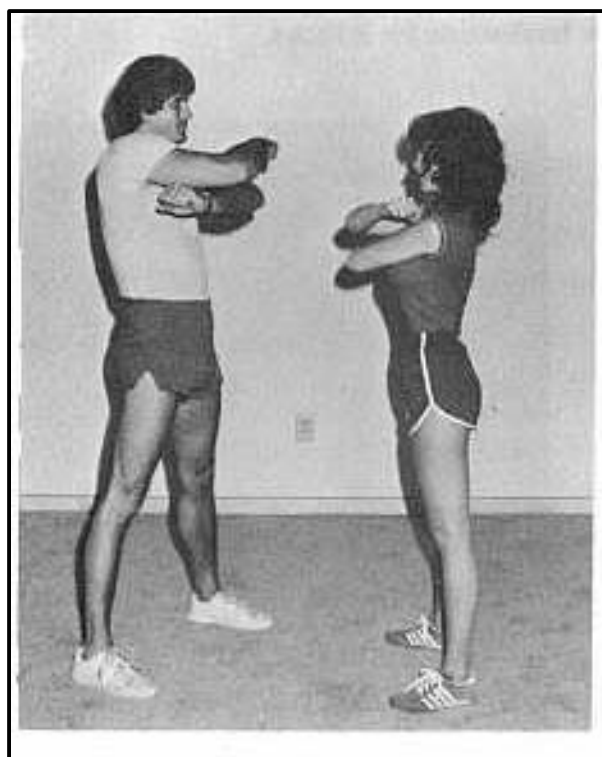
**MARTIAL ARTS
WEAPONS ASSOCIATION**

HOW TO DEVELOP A PERFECT BODY

This helps to keep the shoulders mobile and flexible and improves your posture, for often you will have a tendency to slump forward with your shoulders if you are not flexible there

ARM CROSSES:

Stand natural and begin your exercise by crossing and swinging the arms vigorously in front of the chest, and towards the back. Do this 8 times, making sure you pull the arms as far back as they will go on each cross for the maximum effect.





**MARTIAL ARTS
WEAPONS ASSOCIATION**

HOW TO DEVELOP A PERFECT BODY

ARM PULLS:

This time swing the arms up and towards the back as far as they will go making sure to keep the elbows pointed up and close to the sides of the body. Do 8 repetitions.





MARTIAL ARTS WEAPONS ASSOCIATION

HOW TO DEVELOP A PERFECT BODY

TWISTS:

This is the same exercise as we did for the stomach muscles but it is also excellent for loosening and improving the flexibility of the lower back. Stand normal and cross the arms in front of the body. Now swing as hard and as fast as you can to the right and then to the left.



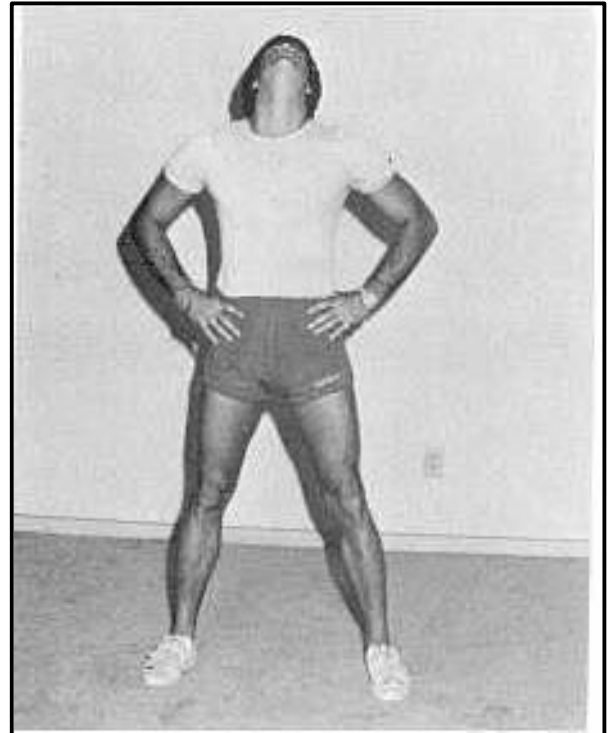
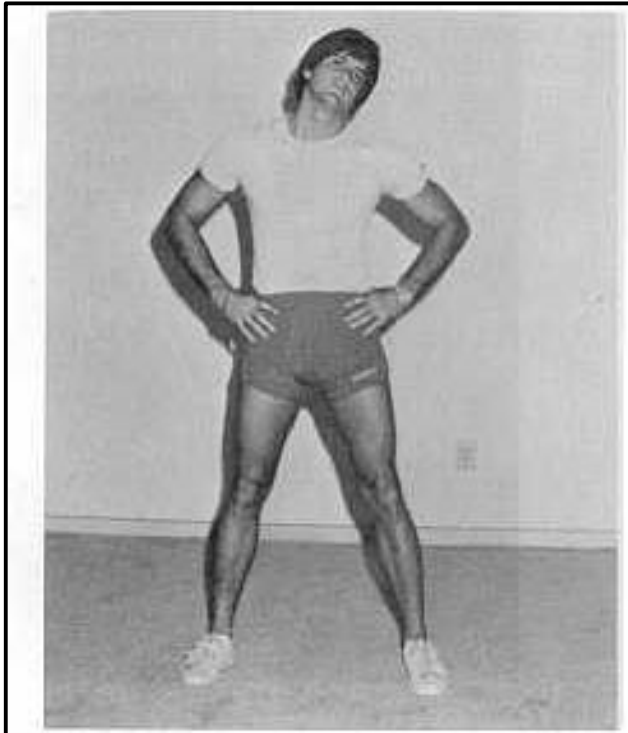
It is important that you keep the hips as straight as possible in this movement trying not to sway too much to either side on the twisting. Do 8 twists to each side.



**MARTIAL ARTS
WEAPONS ASSOCIATION**

**HOW TO DEVELOP A PERFECT BODY
4 WAY NECK ROTATION:**

This exercise is essential for keeping the neck flexible and for reducing the stiffness and soreness that often is found in necks of people who do not exercise enough. Begin by rotating the neck in a circle 8 times to Now 8 times in a circle to the left. the right.



Now 8 times to the side-right and left. Now 8 times forward and backwards



**MARTIAL ARTS
WEAPONS ASSOCIATION**

HOW TO DEVELOP A PERFECT BODY

LOWER BODY STRETCHING:

One should always prepare the muscles of the lower body for stretching in a slow and gentle manner for these muscles are so large that if they do not get a chance to warm up and get a little loose before you begin your stretching you will not actually be stretching the muscles but only loosening them.

Spread the legs about 3feet apart and put the arms behind the back, now just lean over and let the body get used to the weight of your upper torso. Hold this position for at least 2 minutes.



As you get older this preparation exercise becomes more important for if you do not let the muscles of your legs get used to or prepared for the stretching you run a



MARTIAL ARTS WEAPONS ASSOCIATION

HOW TO DEVELOP A PERFECT BODY

much greater risk of pulling a muscle when you exercise. I suggest that you do this warm up for 2 to 5 minutes if you have not stretched for years or if you are very sore from a previous stretching.

STIFF LEGGED SWINGS:

This exercise is great for getting the muscles of the leg loosened up for your other stretches and it also improves your coordination and balance.

Swing the leg up as high and as close to your chest as possible. Keep the other leg bent for balance and try to keep the back as straight as possible.



Do 8 swings with each leg.



**MARTIAL ARTS
WEAPONS ASSOCIATION**

HOW TO DEVELOP A PERFECT BODY

STIFF LEGGED CIRCLES:

This is done the same as the stiff legged swing except once you get to the top of the motion you swing the leg across the body in a circle towards the outside of the body, and then down.



This exercise is excellent for really stretching and preparing the legs for exercise. Alternate the legs and do circles 8 times with each leg.



MARTIAL ARTS WEAPONS ASSOCIATION

HOW TO DEVELOP A PERFECT BODY

KNEE PULLS:

This exercise is the first one that really begins to stretch our leg muscles and so should be done slowly and smoothly without jerking or bouncing. Spread the legs about 3 feet wide and turn the body towards the right leg. Now bend at the waist, keeping the knee straight and pull the upper body down to the thigh by grasping the calf and pulling the body toward the leg.



Always breath out as you stretch and hold each stretch for 8 to 15 seconds. Alternate legs and do 8 stretches for each leg.



**MARTIAL ARTS
WEAPONS ASSOCIATION**

HOW TO DEVELOP A PERFECT BODY

W STRETCH:

This stretch can be used to gauge whether you are flexible enough or need to stretch more. For if you can't do the entire movement you are not flexible enough.

Keep the legs wide and cross the arms in front and drop the elbows to the ground touching them to the ground. Do not bounce or jerk.



Do this 8 times, holding the full extension for 8 to 12 seconds.



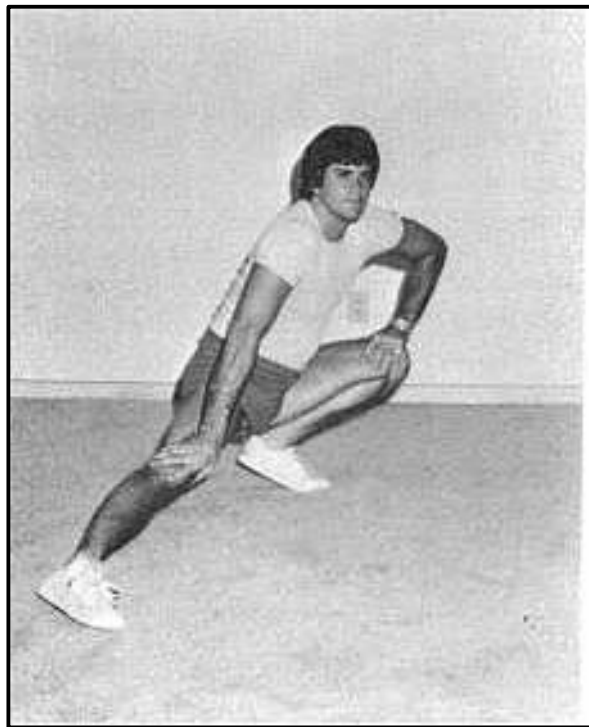
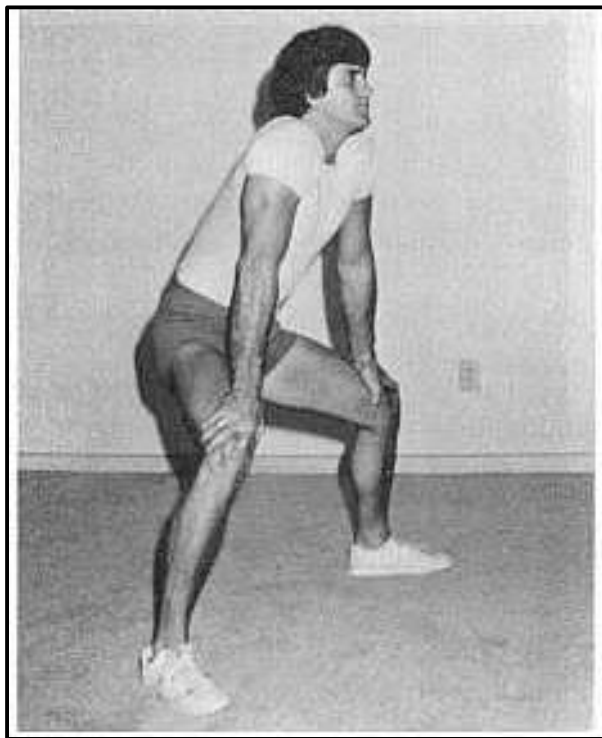
**MARTIAL ARTS
WEAPONS ASSOCIATION**

HOW TO DEVELOP A PERFECT BODY

GROIN STRETCH:

The groin is probably one of the most neglected areas of the body when it comes to flexibility and that accounts for so many groin pulls in sports today.

Stand with the legs about 3 feet apart and place your hands on the knees, now squat down as far as you can go, as if you were trying to touch your buttocks to the floor.



Now extend the arms out in front and drop to the right side trying to get as far and as close to the ground as you can, thus stretching the groin as much as possible. Do not bounce or jerk on your movement and do 8 to each side.



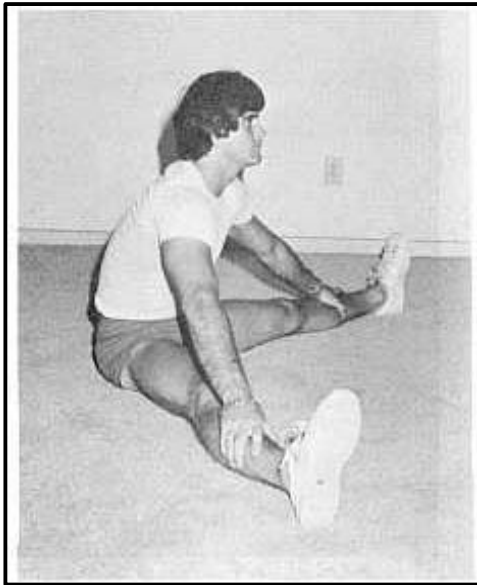
**MARTIAL ARTS
WEAPONS ASSOCIATION**

HOW TO DEVELOP A PERFECT BODY

V STRETCH:

This is the first of your floor stretches and enables you to do your motions more slowly and isolate the muscles better.

Sit on the floor with the legs spread as wide as they can possibly be. Turn the body to the right as far as you can, and reach down and grab the leg around the calf and thigh. Now pull yourself as far down as you can towards the thigh. Try to touch the chest and stomach against the thigh.



Alternate each side, holding the stretch 8 to 15 seconds. Do 8 to each side.

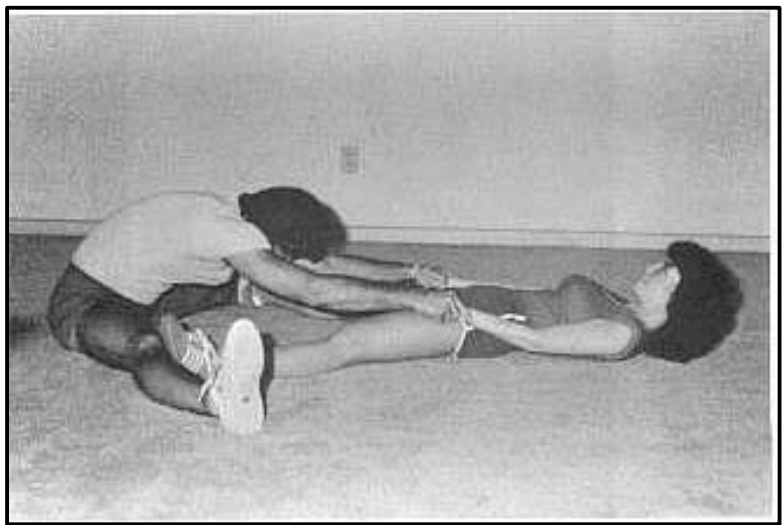
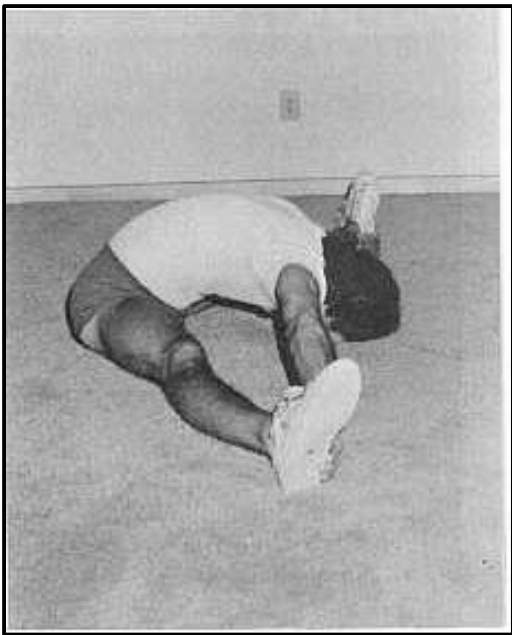


**MARTIAL ARTS
WEAPONS ASSOCIATION**

HOW TO DEVELOP A PERFECT BODY ACCENTUATED'V STRETCH:

This is done from the same position as the V stretch. Except this time instead of turning to the sides you go straight down in front of the legs and try to touch the face to the ground.

Spread the legs very wide and keep the back straight. Take a breath and slowly let your air out as you try to touch your face to the floor.



When you have gone down as far as you can do not comeback up immediately but stay down as long as you can, holding the stretch as long as you can. Do 8 stretches.

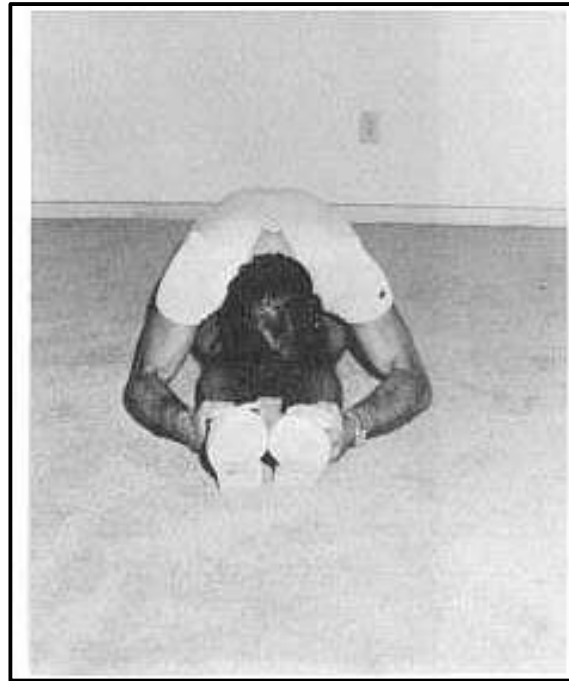


**MARTIAL ARTS
WEAPONS ASSOCIATION**

HOW TO DEVELOP A PERFECT BODY STRAIGHT LEGGED STRETCH:

This is excellent for stretching the hamstrings as well as loosening the back muscles.

Sit on the floor with the feet straight out and back very straight. Now take a deep breath and bend down towards the legs, letting your air out slowly as you bend. Use the arms to help pull you down.



Remember this stretch requires you keep the back as straight as possible, many people do this wrong and bend the back and so are only stretching the neck and not getting the full benefit of the stretch. Do 8 repetitions and hold your last rep for as long as possible.



**MARTIAL ARTS
WEAPONS ASSOCIATION**

HOW TO DEVELOP A PERFECT BODY

SEATED GROIN STRETCH:

This is another stretch for the groin and should be done smoothly and easily.

Sit on the floor with the feet touching together in front of the body, now hold on to your feet and bend over touching the head to the feet.



Always breath smoothly and easily as you bend over and do this stretch. Do 8 repetitions. You may use the elbows to help push the knees down and give a better stretch.



**MARTIAL ARTS
WEAPONS ASSOCIATION**

HOW TO DEVELOP A PERFECT BODY BACK STRETCH:

This is excellent for loosening up and keeping the back flexible. Lie on the floor on your back and then roll up in a ball until your feet are above your head. Now drop the legs to the sides and try to touch the knees to the ground.



Hold this Position for 8 seconds and do 8 repetitions.



MARTIAL ARTS WEAPONS ASSOCIATION

HOW TO DEVELOP A PERFECT BODY

WORK OUT SCHEDULE

I recommend that you do some exercise everyday with weights but do take at least one day a week off for rest. If you have not exercised for a long time or never exercised then I suggest that you consult your doctor before you begin this or any program of exercise. Do not strain yourself too much when you are lifting weights and if you can't make all four sets, that is fine. You have the rest of your life ahead of you and you didn't build your bad body in one week and so you won't build this perfect body in one week either. Take your time and concentrate on your exercises.

Here is the schedule I follow:

Monday: Flexibility, Chest and Legs

| | |
|------------------|-----------------------------|
| Bench Press | 5 sets of different reps |
| Flies | 4 sets of 8 reps |
| Incline Press | 4 sets of 8 reps |
| Dips | 4 sets of maximum |
| Squats | 4 sets of 8 reps |
| One Legged Sqats | 4 sets of 8 reps |
| Calf Raises | 4 sets of 8 reps or maximum |
| Sit Ups | 100 |
| Leg Ups | 100 |
| Side Bends | 20 |
| Stretches | |

Tuesday: Shoulders and Lats

| | |
|-----------------|-----------------------------|
| Military Press | 4 sets of 8 reps |
| 3 Way Exercise | 4 sets of 8 reps |
| Shoulder Shrugs | 4 sets of 8 reps |
| Bent Over Rows | 4 sets of 8 reps |
| Lat Pulls | 4 sets of 8 reps |
| One Arm Rows | 4 sets of 8 reps |
| Pull Ups | 4 sets of 8 reps or maximum |
| Sit Ups | 100 |
| Leg Ups | 100 |
| Side Bends | 20 |

Wednesday: Arms, and Flexibility

| | |
|---------------------|------------------|
| Barbell Curls | 4 sets of 8 reps |
| Dumbell Curls | 4 sets of 8 reps |
| Concentration Curls | 4 sets of 8 reps |
| Zotman Curl | 4 sets of 8 reps |
| Tricep Extension | 4 sets of 8 reps |
| Tricep Kickbacks | 4 sets of 8 reps |
| French Extension | 4 sets of 8 reps |
| French Curl | 4 sets of 8 reps |
| French Extension | 4 sets of 8 reps |
| Sit Ups | 100 |
| Leg Ups | 100 |
| Side Bends | 20 |
| Stretches | |

Thursday: Rest

Friday: Repeat of Monday

Saturday: Repeat of Tuesday

Sunday: Repeat of Wednesday



MARTIAL ARTS WEAPONS ASSOCIATION

HOW TO DEVELOP A PERFECT BODY

JOGGING: a special note

No book on exercise or fitness in this day and time would be complete without discussing the exercise of jogging for the body, and no exercise does more to help your heart than jogging. I am not talking about the one or two mile jogger, but the distance runner of 6 or more miles a day who must get his daily fix of prescribed miles or he is irritable and physically upset all day.

If you don't agree with me that jogging long distances does more for the anemic look alike contest and less for the perfect body look just try to imagine a Marathon naked. It just is not a body shaping exercise.

Let me explain myself more fully before you ardent joggers out there attack me when you are through running. Jogging is like dope, it makes you feel great but it takes more and more to give you the same feeling once you get started on it. You may start with a mile and then go on to two and before you know it your up to 10 miles and then a marathon, just for fun and never stop to ask why.

Well let me help you understand why. Jogging is very aerobic and that means it is good for the heart, but it is



**MARTIAL ARTS
WEAPONS ASSOCIATION**

HOW TO DEVELOP A PERFECT BODY

also very psychological because it causes your body great pain and anguish that must be overcome more mentally than physically. When you overcame the pain and urges to quit you are breaking a psychological barrier and thus giving yourself a mental orgasm, or satisfaction that can only be achieved again by further physical pain that is endured till you win again. It is like being a prisoner of war and being set free after refusing to talk. You can only get that feeling you want after you have sufficiently punished yourself, and you don't feel that satisfaction you so desire until you have taken enough physical torture and endured no matter what it does to your body.

And what does it do to your body? Nothing. Jogging probably does less for your outside body than any other exercise you could do, except sleeping. It does not build your arms, it won't build or define your chest, it won't broaden your shoulders, it won't increase the size of your legs and it won't give your stomach rippling muscles. It will give you shin splints, aching legs, headaches, and chapped lips, and of course it is good for the heart.

I know many of you are protesting, "but I feel great when I am jogging, it gives me time to think and enjoy nature. I really like it." Well congratulations you have finally found out that exercise is good for you and that exercise makes you feel great. But you don't have to jog



**MARTIAL ARTS
WEAPONS ASSOCIATION**

HOW TO DEVELOP A PERFECT BODY

to feel great, you could play handball, or tennis, or lift weights. It's the exercise that causes the feeling great, not the movement of your legs on the ground that causes feeling great. The trouble with most joggers is that they have never exercise vigorously in their life, or at least since school days, and so don't understand that almost all exercises can make you feel great, but my program can not only make you feel great but look great. And as for the fact that you can enjoy nature and think when you run, its not against the law to think when you lift weights, or stretch. It is in fact easier to think while you are waiting between sets in a nice gym, than it is to think while you are dogging cars or jumping ditches.

So all you ardent joggers out there and all you who are just considering an exercise program to get involved with, lets decide to get off the streets and into the weight room and build a beautiful body and strong heart, instead of just a strong heart. As much medical research as you may think you have read there has never been a proven report that a man lived a day longer from jogging or died a day earlier from lifting weights and building a beautiful body.

If you follow my program of diet, exercise, flexibility and meditation you will not only look great but feel great and you will be able to take care of yourself instead of just being able to run for help. Once again let



**MARTIAL ARTS
WEAPONS ASSOCIATION**

HOW TO DEVELOP A PERFECT BODY

me say I don't say you shouldn't run, you should run. Run to the gym, or around the gym, or run home after you workout. But only run a few miles. That's all you need for your heart if you follow my exercise program.

DIETS

THE INTELLIGENT APPROACH:

There are hundreds of diets on the market today. You have the water diet, the spinach diet, the grapefruit diet, the drinking mans diet, the save your life diet, and literally thousands more. There are as many different kinds of diets as their are denominations of churches in America, and the reason that there are so many of both is that everyone knows that truth about dieting and religion but no one wants to accept it, or if they do they want to change it to suit their own requirements.

The truth about diets is "you must consume less calories than you burn up to lose weight and more calories than you burn up to gain weight." But people don't like that and so they make their own interpretations, such as, "you can eat all you want if you take this pill, or you can drink 8 gallons of water and eat cake, or you can eat this brand of sugar all day, and on and on." You see what the diet writers



**MARTIAL ARTS
WEAPONS ASSOCIATION**

HOW TO DEVELOP A PERFECT BODY

are doing is feeding you a half truth, that you know is false but wished was right, and is just plausible enough for you to try. It's like a wishing well, you know it won't work, but it worked for a cartoon character you once saw and why not take the chance for yourself. So people are constantly throwing their money into the wishing wells of foolish diets and hopeful dreams. But friends let me tell you right off I will not do that at all. I will speak nothing but the truth and the facts about dieting and what you should eat and when. And let me start out by saying these somewhat alarming facts, "you can never again eat all you want of anything, ever, ever, ever, if you want to stay beautiful". If you are rushed for time in the morning make yourself a high protein drink using protein powder. However you can't just drink protein powder and stay healthy you must eat a balanced diet to get all the nutrients your body needs. I suggest that you consult your doctor, if you are uncertain about what you need to eat, or if you have a record of poor health. Never deprive yourself of the proper nutrition to gain a pound or lose an inch.

You should become interested in what foods contain exactly what amounts of protein, carbohydrates, and fats. The government becomes concerned about this also and so many labels contain this vital information. Read them and try to stay away from the foods that contain very little protein and very high amounts of



**MARTIAL ARTS
WEAPONS ASSOCIATION**

HOW TO DEVELOP A PERFECT BODY

carbohydrates. Also watch the fat content and don't eat too much of this substance either. It has very little benefit for your body.

Here is an additional list of some vegetables that have high protein value:

Asparagus

Beets

Beans-green Cabbage

Cauliflower Kale-whatever that is Onions

Water Cress

Celery

Peas

Sauerkraut Spinach

Tomatoes

Turnips Lettuce Peppers Carrots

Notice how many of these same vegetables are on your low carbohydrate list.

HIGH PROTEIN DIET: suggestions for a daily meal plan

Breakfast:

3 eggs-any style (whites only)

1/2 pound of meat

high protein milk



MARTIAL ARTS WEAPONS ASSOCIATION

HOW TO DEVELOP A PERFECT BODY

**coffee-black and acid free
a piece of wheat toast**

Lunch:

**a large salad-with meat, lettuce, tomatoes, spinach,
cauliflower, celery
a large serving of meat or chicken , cheese , milk or
diet drink**

Dinner:

**1/2 pound of meat, seafood or poultry
several servings of vegetables-carrots, broccoli,
squash-winter
a hunk of cheese
green salad
high protein milk**

Snacks:

**a high protein drink before retiring at night
during the day-preferably after working out some
cheese, meat and milk**

**Another important point I want to make is the body.
Working and exercising not only that you can't lose
weight by just sweating. You shrinks these fat cells but
burns them up due to can only lose weight by perspiring
due to physical the bodies need for nutrition caused by
the exercise, not just by sweating due to outside air
working of the muscles. If all you needed to do**



**MARTIAL ARTS
WEAPONS ASSOCIATION**

HOW TO DEVELOP A PERFECT BODY

temperature. Let me explain ,and for the purpose to lose weight permanently was to sweat then of this discussion we will call sweating anything you could wear two suits of clothes and eat pies that is caused by the outside temperature being all day. But you know you can't do that, but you hot enough to cause drops of water or sweat to forget and find yourself buying a "sauna belt" come out of your body, and perspiring what is and a sweat suit, when all you are doing is caused by physical exercise causing the body fooling yourself and going to the bathroom on to sweat drops of water. yourself. For sweating and urinating are both. In other words both are drops of water ways the body gets rid of waste created by our body, but what causes the water All exercise properly defined is work because to appear is the difference. If you are sweating it you are moving a certain amount of mass over a is an attempt by your body to cool itself down certain distance, and that is the definition of because it is too hot for the body and water it work. And friends no matter what you may read secrets helps to cool the body off. If you are or see work is seldom fun, when moving the perspiring it is the attempt of the body to cool mass involves lead weights and hundreds of down itself due to the chemical reactions pounds. Subsequently many people play simple occurring inside the body and muscles due to games. They imagine are real hard work and exercise, and the most important difference is delude themselves into thinking they are that one burns up a considerable



MARTIAL ARTS WEAPONS ASSOCIATION

HOW TO DEVELOP A PERFECT BODY

larger amount exercising, and building muscle. Such games of calories than the other. as riding in a golf cart, or drinking beer and

Sweating does nothing more than bowling. But to really get down and work is temporarily shrink the fat cells and cool down different all together and to really work is what make a man really successful, ask any man who has made it on his own if he ever did any hard work.

To lose weight and keep it off you must lose it by exercise and diet, not just dieting alone. Lets look at the two diets I spoke of earlier and lets begin with the diet that can help you to lose weight, and replace it with muscle.

THE LOW CARBOHYDRATE DIET:

This diet simply put means that you must watch the amount of carbohydrates you eat, and try to keep the amount very low. You have probably heard the saying, "don't count calories, count carbohydrates" and nothing could be truer but it has been used to fool many people who think they can eat all they want if its low in carbohydrates. You can't ever eat all you want of anything and lose weight. But what is true about watching carbohydrates is that most foods low in carbohydrates are also foods that are low in calories,



**MARTIAL ARTS
WEAPONS ASSOCIATION**

HOW TO DEVELOP A PERFECT BODY

and in fact you would be hard pressed to find a high calorie ,low carbohydrate food.

Lets begin by examining what a carbohydrate is. A carbohydrate is a chemical compound with carbon, oxygen and hydrogen usually found with the ratio of hydrogen to oxygen two to one (Oust like water). It is mostly found in sugars, starches and cellulose. Interesting huh? So what does that mean? A carbohydrate is fattening substance with very little nutritional benefit for the body, mostly found in foods that have sugar, starch and cellulose in them. Because of its low nutritional benefits you could actually starve to death on a high carbohydrate diet while getting fatter, because you wouldn't be getting the nutritional value necessary from the food.

So now that we know what a terrible thing a carbohydrate is lets find out where they are most commonly found and avoid them. Since I have already mentioned that they are found in sugar we have a clue to where some are found. Take a guess, that's right, in everything you like, especially cakes and candy. Also in beans, beets, corn, parsnips (but who cares), potatoes- but not the peels, sweet wines and liquors, soda pop and sweetened drinks. All jams, ice cream, bakes, pies, candies, and most breakfast cereals. And that's not all, lets don't forget bread, rolls, biscuits, macaroni, and rice. So what does that leave you may ask? Plenty.



**MARTIAL ARTS
WEAPONS ASSOCIATION**

HOW TO DEVELOP A PERFECT BODY

Many delicious and nutritious foods contain very small amounts of carbohydrates, such foods as:

Meat, Game, Poultry, Fish, Eggs, Cheese, Vegetable Cooking ,Fats ,Lard Butter And Margarine ,Unsweetened Drink ,Cream and Sour Cream (watch out for the fats)

Remember I warned you that a real diet was not simple and easy, it does not have to be too difficult though for it only becomes hard when you spend time thinking and wishing for something you can not or should not have. It is the same way like that in life, life only becomes a hardship when you spend too much time thinking and wishing for things you can not or should not have.

There are plenty of great tasting vegetables you can eat on this diet as well as many fruits. These may be taken freely, as long as you don't eat till you are stuffed.

Asparagus Green Beans Broccoli Brussels Sprouts Cabbage Cauliflower Celery Cucumber Lettuce Mushrooms Lemons Olives Rhubarb Onions Peppers Radishes Sauerkraut Spinach Tomatoes Turnips Water Cress



**MARTIAL ARTS
WEAPONS ASSOCIATION**

HOW TO DEVELOP A PERFECT BODY

Now surely there must be a lot of fine delicious foods in that list you like to eat, and if not here are few more which you can eat, but not as much as the preceding list:

Nuts-one cup or less

Melons

Oranges

Plums

Berries

Carrots

Peas

Pumpkin

Rutabagas

Squash

Apples

Lets analyze what we have just read. Eat plenty of meat, fish or poultry. Cheese and green salads are fine. Don't ever eat any bread, sweets, and avoid all starches and candies. Eat wisely from our lists of proper foods and watch what you drink.



**MARTIAL ARTS
WEAPONS ASSOCIATION**

HOW TO DEVELOP A PERFECT BODY

It may take a few weeks to get used to not poisoning yourself, but with persistence and practice you will be able to condition your body to like foods that are nutritious instead of foods that are malicious.

I hope I have cleared up some of your opinions and ideas about foods and diets, and to help those of you who still may be confused somewhat about what to eat I am going to set up some examples of a daily eating schedule for the diet we have discussed.

LOWCARBOHYDRATE DIET: suggestions for a daily meal plan.

Breakfast:

**two eggs-any style (watch the yokes)
two strips of ham
coffee-black and acid free
grapefruit juice**

Lunch:

**tuna salad-tuna with lettuce, eggs, cheese, onions,
celery
a low calorie soup
a diet drink or unsweetened tea**

Dinner:

1/2 pound of hamburger or another meat



MARTIAL ARTS WEAPONS ASSOCIATION

HOW TO DEVELOP A PERFECT BODY

**a nice salad-lettuce, tomatoes, beans, cauliflower,
cucumbers, low cal dressing**

skim milk

green beans, spinach or broccoli

Snack:

a few pieces of cheese or cottage cheese

Follow this eating plan until you have lost the weight you desire, substituting different foods from our acceptable list for a variety in diet. If you find yourself in pain and agony, drink several glasses of water and eat a piece of fruit and meditate. I know it may be difficult for some of you to stop eating the wrong foods, but I am including a chapter on meditation that will help you to control the hunger pains and discomfort.

MEDITATION

I know some of you are wondering what a chapter on meditation has to do with a book on fitness and developing a perfect body, but I feel that you can not have a perfect body if you have a messed up mind, poor attitude or lack of concentration before you exercise. This chapter is going to explain a little about meditation and clear up some erroneous opinions many have about



**MARTIAL ARTS
WEAPONS ASSOCIATION**

HOW TO DEVELOP A PERFECT BODY

meditation and show you how to apply the techniques of meditation to weight training, flexibility and dieting.

To begin with lets clear up two common misunderstandings about meditation. One- meditation does not mean Buddhism, mysticism or any other far eastern or far-out idea. You do not have to shave your head and work the airports to meditate or commit your life to a fat bearded Oriental. Meditation is merely concentration by the individual on one specific thought, idea or action to such extent and with such purpose that nothing or no one will disturb the process. Everyone does it all the time and does not realize it. Let me also say that being a Christian I believe strongly in the divinity of Jesus and feel that you should too, and I would not teach or promote any form of exercise or concentration technique that was against His teachings of basic Christian truths. Your body is the temple of God and by vigorous exercise proper diet, good flexibility and meditation you can make your temple a more beautiful place to live in.

Point two: meditation does not mean sitting crossed legged on the floor in a semi-hypnotic state reciting a mantra. Meditation can be done standing, working, eating and many other ways. In fact there are 6 different kinds of meditation. Lets look at them for a



**MARTIAL ARTS
WEAPONS ASSOCIATION**

HOW TO DEVELOP A PERFECT BODY

few moments to under- stand a little more about meditation.

Form one: practicing meditation through breathing exercises: In this type of meditation the student stands or sits and pays attention only to his breath and his breathing. Concentrating all his efforts upon his breath. It is an easy form of meditation and very relaxing and calming. Some of the more common forms of breathing meditation are:

counting the breath

following the breath

stopping the breath

forgetting the breath

observing the breath

Of these 5 forms the easiest are counting the breath and following the breath. We will discuss later how to practice these two forms while exercising, doing flexibility and dieting.

Form two: practicing meditation by suppressing or holding the breath: This is not as self explanatory as it



HOW TO DEVELOP A PERFECT BODY

would appear, and is not at all easy or even advisable to try to do. It does not mean just holding the breath, but is a difficult and dangerous process of breath control to such an extent that one arrives at a state where there is no noticeable difference between the breathing in and the breathing out. It can be related to a musician who has learned the art of circular breathing in through his nose. This is an advanced type of meditation and I don't re- commend it to beginners.

Form three: practicing meditation by concentrating ones mind to a point: This does not mean becoming as cone head, but refers to astral travel or inner travel inside the body. The student imagines and visualizes themselves or their spirit to be leaving the body and traveling to distant planets or places. Or you may just reduce your size and travel to places inside your body, like your heart, or lungs. This form can lead to schizophrenia or hallucinations if done improperly.

Form four: practicing meditation through sounds: This is a common form used by such groups as the Krishna's who are always chanting, and the TM people who use a mantra. It is also used by monks who are always reciting prayers. The sound becomes the object of meditation and it fills the mind and invades the soul till the student is in a state of bliss.



**MARTIAL ARTS
WEAPONS ASSOCIATION**

HOW TO DEVELOP A PERFECT BODY

Form five: practicing meditation by absorbing ones' mind in good will or in devotional thought: This is more like the type of meditation an advanced student of Zen would be doing for it involves not just meditating, but taking the benefits and practice of your meditation into the world and living it by helping others to a better life. It is most common in public servants who are committed to their fellow men such as religious leaders especially the evangelists.

Form six: practicing meditation by movement: This is the easiest and most direct method of meditation and found most in the United States done by people who are not aware that they are even doing it. Such obvious people as dancers, the martial artists, but also such people as bodybuilders, athletes and even assembly line workers. It simply means to become so absorbed in the movement and action of your body that all else is forgotten and there appears a state of consciousness where there is no difference between the movement and the mover. It can be seen when a great ballet star dances, or when a great runner runs, and even in a great work of art. But it can also be practiced by workers who take pride in their work and the work becomes a part of them. We will practice a form of it when we stretch and lift weights.

HOW TO MEDITATE WITH 200 POUNDS ON YOU BACK



**MARTIAL ARTS
WEAPONS ASSOCIATION**

HOW TO DEVELOP A PERFECT BODY

Now that title may sound humorous to you but meditation when weight training has been practiced, unknowingly, by all great weightlifters and even most amateurs. As you will recall the last of the 6 types of meditation we discussed was meditation on a movement, and the first was meditation on the breath. All power lifters and Olympic lifters rely heavily on their breathing before and during the lift, and if you will notice the next time you watch, you will hear great grunts and shouts along with deep breathing that these men do before and during their lifting. The lifters go through a long ordeal of looking at the bar and breathing heavier and heavier, till they have psyched themselves to the point they know they can make the lift. Then when making the lift they shout to give themselves even more power. Now they may think that they are just breathing and grunting for no real purpose but what they are actually doing is controlling their minds and concentration through meditation.

Concentrating their entire mind and muscle to such a point that all there is in the world is the bar and the lift. They breath deeper and deeper and look at the bar and see themselves lifting it and concentrate and breath and grunt and breath deeper, then pull and lift with a great



**MARTIAL ARTS
WEAPONS ASSOCIATION**

HOW TO DEVELOP A PERFECT BODY

shout. It is usually a loss of concentration that causes them to miss the lift, not a lack of muscle.

It has been shown in research that is you think you can do something you have a much better chance of doing it than if you think you can't do it. Concentrating ones mind upon the breath is an excellent form of mind control that will enable you to have the confidence necessary to accomplish your desired action.

Let me explain further what I have been saying to help you understand. Your mind controls your body and your mind controls your muscles, your mind controls your breath, but your breath enables your mind to control it, as well as enabling your mind to control your body. This is accepted fact in the Orient and understood by all who are trying to control their minds. They do not try to control their minds without first controlling their breath. (note-when I say mind control I do not mean it to be interpreted to mean something mystic and dangerous, but rather just the conscious effort by the student to control his thoughts to one point and exclude any other distracting thoughts and sounds.) But most Americans don't know this and they spend many useless hours and many dollars trying to control their bodily urges and desires by just concentrating on their will power, paying no attention to their breathing while doing so, and so they



**MARTIAL ARTS
WEAPONS ASSOCIATION**

HOW TO DEVELOP A PERFECT BODY

often fall very short of their goal. And the reason is that they have, so to speak, put the cart before the horse by trying to first control their minds without controlling their breath first.

Lets look at some examples, and see if you can follow my train of thought. To help you, take a few deep breaths while reading and try to relax; breathing slowly and easily while you read.

Suppose you were running and suddenly find that you are breathing very hard and fast. Now you are breathing hard and fast because you are running, or are you running because you are breathing hard and fast. One of the first things a runner is taught is to control his breathing while running and be sure to breath deep and easy to give the muscles adequate oxygen. If you couldn't breath at all you couldn't run at all, you couldn't even live. Those of you who run a lot a familiar with the feeling of achieving the second breath or second wind, where you feel refreshed and your strength renewed. This is just a form of breath control that has allowed the effects of meditation to be achieved in your body and thus giving you more strength and control. As I mentioned before you obviously could not be alive if you were not breathing and you obviously could not breath if you had no brain. So the relationship between the brain and the breath is like the



**MARTIAL ARTS
WEAPONS ASSOCIATION**

HOW TO DEVELOP A PERFECT BODY

relationship in the old joke of which came first the chicken or the egg?

You will find as you begin to notice that states of mind or emotions are very closely related to state or conditions of breathing. Lets look at some examples. Imagine you are sleeping, how is your breathing? Soft and slow. Imagine you are excited, how is your breathing? Hard and fast. Imagine you are suddenly frightened, how is your breathing? Rapid and shallow. Your breathing matches your state of mind exactly and your state of mind or emotional state matches your breathing exactly. You can not be sleeping and breathing like you were running a 1 00 yard dash. You can not be breathing soft and easy and be as excited as if you had just won a million dollars. Your breath matches your emotional state, so by making your breathing pattern match a desired thought pattern you will be much more able to control your actions than just by using will power.

For example if you want to be excited before a sales meeting, don't just think excited, breathe for 5 minutes like you were the most excited man in the world. Breathing in and out faster and faster, while over and over saying that you are excited. The old axiom "to be enthusiastic, act enthusiastic" is true but works a lot better



**MARTIAL ARTS
WEAPONS ASSOCIATION**

HOW TO DEVELOP A PERFECT BODY

if you say "to be enthusiastic, breathe and act enthusiastic".

Remember you can not keep a state of mind that is not directly correlated with a state of breath. You must do both to sustain your desired condition. Lets try a form of breathing exercise or breathing meditation and apply it to our weight training and our flexibility program.

In order to get the maximum results from your weight training or flexibility program you must concentrate specifically on the exercises or movements you are doing and visualize the results you wish to achieve. So when we lift, or stretch if we will become aware of meditation techniques while we are exercising we will get much better results.

On all of your lifting in weight training you should spend a few seconds controlling your breath before the lift; make sure that it is correct and your mind set for the lift. You can't lift a heavy weight with half a breath in your lungs. It is important to always breath out when pushing or pulling the weight and breath in when returning the weight or when relaxing the muscles. This type of breathing gives the blood more oxygen and allows the muscles to contract more fully. You can not do a sit up with a stomach full of air or get your maximum lift with a chest only half full.



**MARTIAL ARTS
WEAPONS ASSOCIATION**

HOW TO DEVELOP A PERFECT BODY

If you breath too heavily when you lift it will cause your body to use up more adrenaline and the next day you will feel more run down. While if you are careful and pay attention to your breathing, making sure not to hold the breath when lifting you will not be so tired the next day. After each lift you should take a few deep breaths to help the body replenish the oxygen it has burned up during the lifting, and also to keep the mind concentrated.

When you are stretching you should always breath out on the stretching movement and in when relaxing or coming back up. This will allow the muscles to get a fuller and deeper stretch. Never hold your breath when stretching, and don't just blow all the air out at once. Breath slowly and easily as you stretch concentrating the mind on the muscles you are stretching and keeping the body relaxed. When you are holding a stretching position you should hold your breathing and concentrate your mind very hard, this will help you to endure the pain of the hold more and allow more results from the stretch.

In summary your breath plays an important part when you lift or stretch and all that is really necessary to get the most benefit and achieve the most results from your exercises is to be aware of your breathing as you lift and as you stretch. This is practicing a form of breath meditation and the more you practice it the better you



**MARTIAL ARTS
WEAPONS ASSOCIATION**

HOW TO DEVELOP A PERFECT BODY

will get at it and the better your results will be. One day you will find the stretching to be dreamlike and the lifting easy because you have begun to master your mind and body by the practicing of the breathing form of meditation.

The first step we must take to break the psychological addiction of the body to food is to stop thinking about food. And that is a very difficult thing to do, for when you try to stop thinking about food you are thinking about food, for any thought of food, whether it is not to eat or to eat, is still about food. In order to stop thinking about something you must not think about it positively or negatively but completely and utterly forget it. It is a vicious cycle in the mind of the dieter of thinking about food and either wanting to eat, or thinking about food and not wanting to eat. But the important and the harmful part is the thinking about food at all.

You are a conditioned animal and your body has learned to react to mental and to physical stimuli. When you constantly think about food your body begins to react as if you were actually eating the food. The stomach begins to secrete juices and the bowels begin to react and the entire body is thrown into a chemical imbalance that causes an acid imbalance resulting in upset stomach and aches and pains accompanied by mental anguish due to the lack of satisfaction impulses



**MARTIAL ARTS
WEAPONS ASSOCIATION**

HOW TO DEVELOP A PERFECT BODY

being sent to the brain, that also believes that you are actually eating food instead of just thinking about it. You are just like Pavlov's dog who salivates at the bell, your body reacts at the thought of food.

Why does this happen? The mind can not distinguish between an actual occurrence and a vividly imagined event. Your mind can not tell the difference between something you make up and something that actually happens. For example a small child is frightened because he thinks he see a boogey man, and you are beside him and know it is just a shadow of a tree. The child's body reacts to the imagined boogey man, because to the mind of the child there is really a boogey man out there. Your mind is not capable. of distinguishing between something it thinks it sees and something that it really saw. If you believe you saw a flying saucer, your mind believes it, if you believe you saw a man fly, your mind believes it, and more importantly your body believes it.

All that is necessary for your mind and body to interpret an action as being real is to simply think that the action has happened. For example, you surely enjoy the taste of candy but the enjoyment is a mental sensation and does not have to take place in order for you to eat the candy. Like when you have a cold and can't taste the food, it is not necessary to have mental



**MARTIAL ARTS
WEAPONS ASSOCIATION**

HOW TO DEVELOP A PERFECT BODY

sensations of like or dislike to have physical action take place. A crazy man may burn his hand on a stove and not feel any pain, but because he feels no pain does not mean he does not get burned. So it is not necessary for the mind to experience a sensation in order for the body to have a physical reaction.

Therefore when your mind has the constant thought of food your body begins to react as if you were actually eating, and the Pavlov reaction occurs and the juices flow, and the imbalance occurs and the pains and aches happen, and this mental anguish accompanied by physical discomfort causes most people to quit their diet or not get the full benefit from the diet.

So how can we use a form of meditation to stop this vicious cycle of food and thoughts and the resulting body aches and pains? Its not easy, but it can be done by any man or woman who is capable of thought. To do this type of meditation you must start it in the morning and keep it up till you sleep at night. I do not mean you must start thinking in the morning, "I will not think of food, I will not think of food" for the mind as we have already seen will interpret this as dinner time and the pains will come as sure as the dinner bell. How ever your mind is capable of great feats and now is the time to use it for just such a great one.



**MARTIAL ARTS
WEAPONS ASSOCIATION**

HOW TO DEVELOP A PERFECT BODY

Imagine with me you are a prisoner of war and that although you will be beaten and tortured one day you will be set free. If you are to remain sane your mind must be controlled and not fear the beatings or look forward too much to the release. Although it will be painful and difficult most men are able to endure the experience without going insane. I know that was an extreme example but I use it to show the potential of the mind to endure the most extreme of circumstances. You can actually lock your mind onto an idea or course of action and nothing can make you free the mind from this.

Lets apply this mind power to dieting. Imagine again with me that you just went to the doctor and he told you that if you did not lose 45 pounds in 3 months you would be dead in 90 days. Now if a real doctor told that to most of you, you would not have any trouble in staying away from fattening foods for the 3 months until you had lost your prescribed weight. For as much as you like candy and cake, you like to live even more, and so you would lock your mind and ref use to think about food or want it. Instead you would think about living and other things. So now lets use that idea for our dieting, because I have already proven to you that the mind can not distinguish between an actual occurrence and a vividly imagined event, so it is not necessary to actually go to the doctor and be told that we will die if



**MARTIAL ARTS
WEAPONS ASSOCIATION**

HOW TO DEVELOP A PERFECT BODY

we don't lose weight, all we have to do is vividly imagine we went to the doctor and were told that. The mind and body will believe it just as if we had really gone.

Lets meditate and vividly imagine that we are actually at the doctors and he is advising us about our weight problem. Sit in a comfortable chair and relax by taking a few deep breaths and tightening the muscles for a few seconds then relaxing them as you breath deeply. Now close your eyes and begin to follow your breath as you breath in and out, follow it down your throat it as it returns into your lungs and out your body. After about 5 minutes of this breathing meditation your mind will be sufficiently relaxed and controlled so that the proper benefits from your visualization meditation can be achieved.

Imagine that you get in your car and drive to your doctors office. You get out of the car and walk into the office and up the nurses desk and check in, then you begin to wait for your turn. As you are waiting you look around the sitting room and notice the chairs and see every detail of the room you can possible imagine, the more detail you imagine the more vivid the realization for your mind. Hear all the sounds as if you were actually in the office, touch the chair and read a magazine, look around you and use all your senses in your mind to imagine yourself waiting for the doctor.



**MARTIAL ARTS
WEAPONS ASSOCIATION**

HOW TO DEVELOP A PERFECT BODY

And then the doctor comes and gets you and you go with him to his office. There you sit as he begins to check you over. Imagine in great detail that he is checking you, looking down your throat, weighing you, taking you blood pressure, temperature. Checking your eyes and heart and then speaking to you. "My son" he says, "I am afraid I have bad news for you." You begin to get that uneasy feeling that always happens when something bad is about to occur, your body reacts as if you are certain that you are actually there and he is actually speaking to you. "You are a sick man, very sick. If you don't lose 45 pounds by 90 days you will be a dead man." Something inside your mind goes click and you seem relieved that it wasn't worse and more importantly resolved not to die but to lose that weight at all costs. Reach out and shake his hand and thank him and assure him you will lose the weight. Now walk out of his office and back to the car and return home. After you get home imagine that you walk over to the chair you are sitting in and sit down just as you are now, take a few slow and deep breaths and open your eyes.

You have just programmed your mind for a vivid occurrence and it now believes that, you must lose this weight or die. I know some of you may think this is a little foolish but it is not really. It is something that is being done by most great athletes and sales- men right now. Haven't you ever heard of the great golfer who



**MARTIAL ARTS
WEAPONS ASSOCIATION**

HOW TO DEVELOP A PERFECT BODY

sees himself shooting well below par, or the salesman who sees the buyer signing the contract even before he walks in the door? This is the same type of mental conditioning, instead this time we are using it to lose weight instead of making a sale.

Now you have programmed your mind to not dare to think about food for its fear of death is much more important than its desire for a candy bar. It may take a few times more visualization for you to achieve the full results of this meditation and each time you do it you try to imagine more and more detail so that the mind sees the event as being more and more real each time.

If you follow this suggested meditation practice you will begin to get that mental look or mental resolve to lose your desired weight and get your desired results from exercise, and you will do it. I know you can do it because I practice this type of mind control daily and it works for me and has worked for hundreds of my students. The mind is so strong it can perform miracles when it is pushed. You can lose weight with the power of your mind and you can gain muscle with the correct mind control and physical exercise.

I hope by now you have come to see that in order to have a truly perfect body you must have a lot of elements of my program. A complete and thorough exercise program of weight training. A complete



**MARTIAL ARTS
WEAPONS ASSOCIATION**

HOW TO DEVELOP A PERFECT BODY

program to assure flexibility. A proper diet and of course a daily practice of meditation to keep the mind as strong as it should be and to enable it to concentrate on the results you want to get.