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Training manual for men and women of all ages and fitness levels. It contains step by step precise instructions for beginners, advancing right up to how to train, diet, and pose for physique competition.

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body was the result of
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Training -

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Shoulder Workout 1st

exercise: Seated

dumbbell press 4 x

6-12 2nd exercise:

Upright cable row 4 x

8-12 3rd exercise:

Incline bench rear

delt fly 4 x 8-12 4th

exercise: Dumbbell

lateral raise 4 x

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10-12 5th exercise:
One arm cable lateral
raise 4 x 10-12

Frank Zane Diet and
Workout Plan -
Protein Teacher
When it comes to
poundages, Frank
Zane ' s built his
physique by
employing both light
and heavy training.
Early on in his career,

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he trained almost exclusively with light weight and with a high number of sets and reps. This worked well for him, and he took home several prestigious body building titles.

Old School
Bodybuilder: Frank
Zane Workout
The Frank Zane

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Training
‘ Pull ’ Workout
Back Exercises. The
first 3 sets are from
the floor for 15, 12,
and 10 reps. The last
three sets are
elevated 12 inches...
Bicep Exercises.
You ’ ll notice Frank
Zane trained arms
primarily with
dumbbells. Dumbbell
training ensured even
and... Forearm

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Exercises. Developed

...

The Frank Zane
Workout Routine for
Lean Gains and an ...
Frank Zane, a myth of
bodybuilding. As
someone else
mentioned, the book
is filled with golden
nuggets for the more
advanced lifter, but is
also a very thorough

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Training
guide for lifters of all levels. Frank's style of writing is interesting and keeps your interest on the page.

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Training Manual

The Growth Program,

Then and Now –

Frank Zane 1 = back,
biceps, forearms. 2 =

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Training
legs. 3 = chest,
shoulders, triceps.

CYCLE FOUR – Train

3 days out of 6

REPEAT AGAIN

STARTING AT CYCLE

ONE ABOVE The

cycle...

The Growth Program,

Then and Now -

Frank Zane - Frank

Zane ...

Courtesy of Weider

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Health & Fitness Long before he began marketing “ The Zane Experience ” as a personal seminar in which one could train with and learn from a bodybuilding legend at his personal gym in Southern California, three-time Mr. Olympia Frank Zane had a less formal “ Zane Experience. ”

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Training
It was all in his head,
literally.

Frank Zane's Secrets
for Sculpting an
Aesthetic Physique ...

CONTENTS

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bodybuilding

equation Knowledge

of results 2 types of

motivation The Full

Body Routine

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Elements of good
form Stretching Zane
Nutrition The Caloric
Equation Food journal
Easy recipes Your
Workout Diary The 2
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Upper body workout
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Variations for men &
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then, How I'd do it
now ...

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Here, he shares one
of the workouts he
used to build his
famous upper body.

Frank Zane ' s

Training Split. Day 1

– Back, Biceps,

Forearms, Abs Day 2

– Abs, Thighs, Calves

Day 3 – Chest,

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Shoulders, Triceps,
Abs Day 4 – Off Day
5 – Cycle Repeats

Becoming a Legend:
Frank Zane's Upper-
Body Workout ...

The Zane Body is a
training manual for
men and women of all
ages and fitness
levels. It contains step
by step precise
instructions for

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Training, advancing
right up to how to
train, diet, and pose
for physique
competition.

The Zane Body
Training Manual by
Frank Zane | NOOK
Book ...

Frank Zane ' s
upper/lower training
routine The following
upper/lower workout

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is from Zane ' s book,

' Secrets of
Advanced

Bodybuilding by

Frank Zane ' . The

upper/lower routine

was done four times

per week (Monday,

Tuesday, Thursday,

and Friday). He

trained upper body

Monday and

Thursday, and lower

body Tuesday and

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Frank Zane –
Complete Profile:
Height, Weight,
Biography ...

Frank Zane is the
author of The Zane
Body Training
Manual (4.45 avg
rating, 49 ratings, 1
review, published
2012), Frank Zane
Mind, Body, Spirit

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(4.08 av...

Frank Zane (Author of
The Zane Body
Training Manual)

The polar opposite to
the ungainly
Bodybuilding 's
current mass
monsters, Zane 's
training approach
focuses on
progressive overload
and pumping the

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Training with blood in order to sculpt a defined and proportional physique.

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bodybuilding. In this
video are the
principles he used to
create a flowing,
aesthetic, and
proportional body. O...

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