ECHOCES FROM THE POWER STORM
THAT WAS...CHUCK SIPES!

“Bodybuilding’s Original Iron Knight speaks...in
this rare hardcore series of previously unpublished
direct training communiqués”

By
Dennis B. Weis “The Yukon Hercules”

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Through the millennial time barrier comes the incredible human strength and bodybuilding fire power wisdom of one of the 20th-Century’s greatest Bodybuilding legends. He’s gone now (August 22, 1932-February 24, 1993)...but lives on here teaching the ideas and ideals of his very important training life existence.

Here for the first time are the previously unpublished IFBB Mr. America-Mr. Universe-Mr. World Chuck Sipes maximum training potential direct communiqués...to Dennis B. Weis.

The purpose of this e-Report is to give you a personal glimpse and glance at the exact methods, lessons, and philosophies I learned and came to espouse from Chuck Sipes ('59 IFBB Mr. America, '61 Mr. Universe, '66 Mr. Olympia 4th place and '68 Mr. World) from the periodic telephone and correspondence communiqués over a span of 15 years. Unfortunately I don’t have any audio tape recordings of my phone consultations with Chuck but being an ecstatic user of his intensive training methods for producing steroid like gains I did save most the written correspondence and have chosen to include in this e-Report 35 of the VERY BEST direct training communiqués that he personalized for my particular wants and needs for becoming a contest entering and winning amateur BODYBUILDER and POWERLIFTER.

The 35 thoughtfully selected training communiqués revealed in this e-report were crafted from Chuck’s quasi-core (instinctive) strength & physique contest preparation system. The system Chuck used for inducing strength included heavy strict power movements (exercises such as the Barbell Bench Press, Squat and Conventional Dead lift) combined with the “cheating principle, “supports”
and “quarter.movements.” Chuck’s approach for **physique contest preparation** was a hypothesis of lighter pumping movements for shape and muscularity. The strength and physique contest preparation systems are certainly two different training venues but as you will soon see Chuck had an explicitly calculated way in which he combined them for the ultimate in size, shape, muscularity and strength.

Upon first glance the 35 **personalized** training communiqués may seem like a plain vanilla approach to the regular strength and muscle density workouts that you would commonly read about in any hardcore iron game literature. Rest assured however that there are some very intriguing **muscle structural integrity specialization** workouts for the delts, arms, chest and calves plus some exclusive pure cosmetic bodybuilding and true grit power lifting programs. Additionally Chuck always went a step further by including a compilation of the little know or forgotten “incognito” **training tips and techniques**. I call them “TNT’s” – They are ethereal (refined) and intense and pack an explosive wallop in the muscle gain theory. Some of these “incognito” **training tips and techniques** include and are not limited to:

<table>
<thead>
<tr>
<th>ALTERNATES</th>
<th>SECRET ONE DUMBELL WRIST CURL</th>
</tr>
</thead>
<tbody>
<tr>
<td>PAUSE/NO-PAUSE SYSTEM</td>
<td>&quot;MUSCLE BEACH&quot; SISSY SQUAT</td>
</tr>
<tr>
<td>TONNAGE SYSTEM</td>
<td>STRAP CHINS with WRISTS LOOPED</td>
</tr>
<tr>
<td>HEAVY/LIGHT SYSTEM</td>
<td>SECRETS OF RUNNING A GYM</td>
</tr>
<tr>
<td>10 COUNT CALF FLEX</td>
<td>14-GUIDING TRAINING MAXIMS</td>
</tr>
<tr>
<td>1 TO 10 TO 1 TECHNIQUE</td>
<td>EXCERPTS FROM CHUCKS WORKOUT JOURNAL</td>
</tr>
<tr>
<td>4-21-16 CONCEPT</td>
<td>INNOVATIVE 1 &amp; 2 REP SYSTEM</td>
</tr>
<tr>
<td>3-WAY DUMBELL CURL</td>
<td>FEATS OF STRENGTH REVEALED!</td>
</tr>
<tr>
<td>NEGATIVE RESISTANCE REPS</td>
<td>AND MORE!</td>
</tr>
</tbody>
</table>

I invite you now to thoughtfully read these **personalized** communiqués and tap into the hidden ‘intense vibes’ of one of the greatest Bodybuilding Power Heroes whoever lived...

![Charles H. Ogles](image)

**Charles H. Ogles**
Dear Dennis:

Nice to hear from you and to know you are ready to start training. I have enclosed a program for you to follow for 4 weeks. I want you to follow it for this period of time and then send to me your program with the sets — reps, and poundage’s you are handling in each exercise. I want you to follow the program in the order I have outlined. As far as diet goes I want you to eat three good square meals every day. Along with those meals whenever you feel like it I would like you to eat as much as you can of the following foods: Avocados, bananas, nuts (peanuts, cashews, almonds, walnuts, etc.) Ice cream, cottage cheese, sunflower seeds etc.

It would be a good idea to take some wheat germ oil and some protein in conjunction with your training. The program may seem easy to you but it will help you in programs to follow. Let me hear from you in 4 weeks. Please enclose $2.00 at this time to cover handling for your next training program.

Sincerely,

[Signature]

Warm Ups—Push Ups  3 X 15
Do fairly rapid and get blood circulating well.
Seated Press behind Neck  3 X 8
Fairly wide grip — Keep back straight Good smooth motion—Non lockout—Two deep breaths between each rep.
Seated Barbell Front Press  4 X 6
Shoulder width grip.
Lying Pullover & Press (Bar)  4 X 8
First you do a bent arm pullover and then you do a bench press.
<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets</th>
<th>Reps</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heavy Cheat Barbell Curl</td>
<td>5 X 2</td>
<td></td>
</tr>
<tr>
<td>You may cheat on these by rocking forward slightly and with a swing and backbend curl the weight up – then slowly lower the weight down to the start position – Use heavy weight.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Seated D.B. Concentration Curls</td>
<td>5 X 8</td>
<td></td>
</tr>
<tr>
<td>Pump arms good on these after doing heavy cheat curls.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Alternate these (2) exercises-one then the other as this will flush more blood into the arms and give you added ligament and tendon strength, plus add some inches to your arms-which has a lot to do with added strength.</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lying Barbell French Press</td>
<td>5 X 4</td>
<td></td>
</tr>
<tr>
<td>Lie on a bench with the arms at arms length over the chest. Keep elbows high, bending at the elbows while lowering the bar to the forehead. Make triceps do the work as you press the bar back to the starting position.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>One Arm D.B. Triceps Extension</td>
<td>5 X 6</td>
<td></td>
</tr>
<tr>
<td>Pump the back of the arms good with these</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Alternate these (2) exercises-one then the other</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>D.B. Standing Lateral Raise</td>
<td>2 X 10</td>
<td></td>
</tr>
<tr>
<td>Keep elbows straight and raise hands out to the side (shoulder level).</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Barbell Back Squats</td>
<td>4 X 8</td>
<td></td>
</tr>
<tr>
<td>Rest a bar on the shoulders behind the neck. Inhale very deeply and squat all the way down. Breathe deeply twice between each rep.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Conventional Deadlifts</td>
<td>4 X 6</td>
<td></td>
</tr>
<tr>
<td>With a barbell on the floor, bend at the knees and lean down over the bar while keeping the back as straight as possible and your head up. Grasp the bar with a reverse grip and pull the bar up along the thighs until you are in a straight up position. Rock backwards slightly, between each rep. It is very important that you take two deep breaths between each repetition.</td>
<td></td>
<td></td>
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</tbody>
</table>

**TRAINING INFORMATION:** Follow program three times a week. Use as much weight as possible and still get required number of reps. Try to add weight to your exercises every 2 weeks.
Dear Dennis:

I am pleased with the poundage’s you are using and am enclosing your next program to follow for 4 weeks. I left squats out for a reason, we will continue them later. You are all paid up. You may enclose $2.00 from now on for each program change to cover handling.

I think you will enjoy this program and see some nice improvement. In four weeks send me an outline of your program with poundage’s as you did this time. Which was a very good job. This helps me on future programs.

Best Wishes,

Communiqué No. 2/July 16th 1965

<table>
<thead>
<tr>
<th>Warm Ups-Pull-ups behind Neck</th>
<th>3 X 8</th>
</tr>
</thead>
<tbody>
<tr>
<td>Use wide grip – Work up to 8 reps.</td>
<td></td>
</tr>
<tr>
<td>Seated D.B. Lateral Raise</td>
<td>4 X 10</td>
</tr>
<tr>
<td>All the way up over your head and back down.</td>
<td></td>
</tr>
<tr>
<td>Seated D.B. Press</td>
<td>3 X 8</td>
</tr>
<tr>
<td>Do slowly and concentrate – pump delts good.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Barbell Incline Press</th>
<th>5 X 8</th>
</tr>
</thead>
<tbody>
<tr>
<td>About shoulder width grip.</td>
<td></td>
</tr>
<tr>
<td>Straight Arm Pullovers</td>
<td>5 X 15</td>
</tr>
<tr>
<td>Light weight – breath very deeply.</td>
<td></td>
</tr>
</tbody>
</table>

Alternate these (2) exercises – one then the other

<table>
<thead>
<tr>
<th>D.B. Concentration Curl</th>
<th>4 X 8</th>
</tr>
</thead>
<tbody>
<tr>
<td>Do off the back of chair-Back part of upper arm flat against back of chair. Use Pause /No-Pause System. Ref to Communiqué No. 8 Workout No. 2 for a description.</td>
<td></td>
</tr>
<tr>
<td>Standing D.B. Curl</td>
<td>4 X 12</td>
</tr>
<tr>
<td>Pump arms good on these-really concentrate-force out the reps.</td>
<td></td>
</tr>
</tbody>
</table>

Alternate these (2) exercises – one then the other

<table>
<thead>
<tr>
<th>D.B. Triceps Kick Back</th>
<th>4 X 8</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bend over bench and drive D.B. back and high as possible.</td>
<td></td>
</tr>
<tr>
<td>One Arm D.B Triceps Extension</td>
<td>6 X 4</td>
</tr>
<tr>
<td>Heavy weight, low reps-CONCENTRATE while lying or sitting on a bench. Flex the triceps hard at the lockout part of each rep.</td>
<td></td>
</tr>
</tbody>
</table>
Conventional Deadlifts  6 X 4
Go all out on deadlifts – Squats etc. next workout.

TRAINING INFORMATION: I want you to go all out on this program and workout 3 times a week for 4 weeks. Work hard and use as much weight as possible. Do in this order –
Dear Dennis:

Nice to hear from you again and to hear that you are still training hard. I will be happy to work with you so long as you wish. On this next program I want you to work on the tonnage system on the bench press and the bar curls.

The way you do this is say you pressed 200 lbs. on the bench press 6 reps. Six times two hundred is 1200 lbs. for that lift. You add each total tonnage for each set for your total tonnage for the exercises. The idea is to add tonnage each workout. Sample of the bench press.

<table>
<thead>
<tr>
<th>Set 1:</th>
<th>200 x 8 reps = 1600 lbs.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Set 2:</td>
<td>200 x 8 reps = 1600 lbs.</td>
</tr>
<tr>
<td>Set 3:</td>
<td>210 x 4 reps = 840 lbs.</td>
</tr>
<tr>
<td>Set 4:</td>
<td>210 x 4 reps = 840 lbs.</td>
</tr>
<tr>
<td>Set 5:</td>
<td>240 x 2 reps = 480 lbs.</td>
</tr>
<tr>
<td>Set 6:</td>
<td>240 x 2 reps = 480 lbs.</td>
</tr>
<tr>
<td>Set 7:</td>
<td>275 x 1 reps = 275 lbs.</td>
</tr>
<tr>
<td>Set 8:</td>
<td>275 x 0 reps = 000 lbs.</td>
</tr>
</tbody>
</table>

5,715 lbs. total 8.25.65

Next work out try to add total tonnage by adding weight, reps, or sets. Every workout you must add weight or reps to bring up your tonnage. I want you to keep close track and make sure you send me the results around the 25th of Sept for your new program. I want you to start drinking 2 quarts of milk every day. Work hard and let me hear from you around the 25th of Sept, for your new program.

Sincerely,

[Signature]

Barbell Upright Rowing (close grip)
3 X 12

Warm up exercise (breath twice between each rep).
Do slowly.

Seated Press behind Neck (bar)
4 X 8

Wide grip on bar – Do slowly. This exercise is the ultimate for building powerful shoulders.
Standing D.B. Lateral Raises
4 X 6

All the way up – down slowly.
*Flat Barbell Bench Press
8 X –

Tonnage system – start light and work up into low reps.
*Standing Barbell Curls
8 X –

Tonnage system – start light and work up into low reps.
One Arm D.B. Triceps Extension 6 X 4
Do very (strict) and really CONCENTRATE.
Barbell Back Squats 4 X 6
Deep breathing, 2 breaths between each rep.
Standing Heel Raises w/weight 9 X 20
Do 3 sets toes forward, 3 sets inward, 3 sets outward
-After each set put the weight down and rise up on
the toes and hold while flexing the calves for a count
of 12 SLOWLY.
Conventional Deadlifts 4 X 2
Add weight each set.

TRAINING INFORMATION: Follow program three times a week.
*=Tonnage System
Dear Dennis:

I am very happy that you are doing so well and are enjoying your training. This is very important and will help you make the gains you want. I have sent along to you some new exercises along with some you have been doing. I have included some other tonnage exercises for you to list also and have taken some off.

I want you to buy a jump rope and follow this at the end of your training session. This is important with this next program. This is a key factor in Bill Pearls training. Be sure and keep warm during your training. Wear a sweat suit if possible. I want you to pay extra attention to your diet. Increase your protein and milk intake. Also if possible go to the health food store and get some sunflower seeds and raw peanuts and eat a few every day. I guess that is it for now Dennis. Keep up the good work. I am counting on you to make something of your training.

Sincerely,

Incline Press (Bar) 3 X 10
Wide grip – High on chest – breathe twice between each rep deeply.
*Flat Barbell Bench Press 8 X –
Keep up with tonnage system – You are doing well on this.
Stiff Arm Pullover (Bar) 3 X 15
Very light weight and concentrate on breathing –
Very deep –
*Conventional Dead lifts 6 X –
D.B. Concentration Curl 6 X 8
Do off back of chair – Use fairly heavy weight –
Concentrate & make biceps do the work.
*Lying French Press (Bar) 4 X –
Bring bar to forehead – Keep elbows high.
*Barbell Back Squats 4 X –
Elevate heels – Toes pointed slightly outward.
Standing Heel Raises w/weight 6 X 25
Pump calves good.
Seated Front Barbell Press 4 X 6
Shoulder width grip.
Seated D.B. Lateral Raises 4 X 8
Raise dumbbells all the way until they touch overhead – Lower Slowly
Skip Rope 4 X ½ minute
Skip fairly rapid, keeping a steady rhythm, landing high on the toes to work the calves well. Do 4 sets at ½ minute each – Keep sweat suit on – Sweat good.

Wait 10 Minutes
Take shower. Refer to Communiqué No. 20, the Friday schedule.

TRAINING INFORMATION: Follow for 4 weeks – 3 alternate days a week.
* = Tonnage System
Dear Dennis:

Sorry to hear that you had a little accident (The accident Chuck is referring too happened when I was spotting a friend while he was doing a barbell back squat with 305 lbs. For some unexplained reason he suddenly let go of the bar and it dropped off his back and hit the side of my right thigh at the knee joint. My knee was injured for weeks). But those things happen from time to time. Sounds as though you are doing real well on your squats. A 400 and 420 are very good lifts.

I have enclosed a program for you to follow for a while until you can get back to regular training. You should be able to grow a little from this program. Let me know when you are ready to start a new program. I would be sure that your leg is healed good before you start your training on it again. I have been training very hard as usual. I have decided to enter the Mr. Olympia next year in September. Best wishes to you and I hope you have a happy holiday season.

Sincerely,

Chuck Biggs

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<table>
<thead>
<tr>
<th>Warm-Ups Light Pullovers (Bar)</th>
<th>3 X 20</th>
</tr>
</thead>
<tbody>
<tr>
<td>Concentrate on deep breathing pullovers – light weight – Very deep breaths.</td>
<td></td>
</tr>
<tr>
<td>Flat Barbell Bench Press</td>
<td>8 X 8</td>
</tr>
<tr>
<td>4 sets wide-grip and 4 sets close grip-Do slowly (force out reps). Substitute one of the above with 4 sets shoulder-width grip from time to time.</td>
<td></td>
</tr>
<tr>
<td>Bent Arm Barbell Pullovers</td>
<td>4 X 10</td>
</tr>
<tr>
<td>Stretch back as far as possible. Deep breaths.</td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Lying French Press (Bar)</th>
<th>4 X 8</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shoulder width grip – Keep elbows high – Make triceps do the work.</td>
<td></td>
</tr>
<tr>
<td>One-Arm D.B. Triceps Extension</td>
<td>4 X 8</td>
</tr>
<tr>
<td>Do either seated on a bench or standing. Reach across the body with your free hand and grasp the upper portion of the working arm to hold it (the triceps) in place. Force out the reps.</td>
<td></td>
</tr>
</tbody>
</table>

Alternate these (2) exercises-one then the other

<table>
<thead>
<tr>
<th>Lying Bench D.B. Curls</th>
<th>6 X 8</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lay on bench and curl dumbbells from the floor – both at the same time.</td>
<td></td>
</tr>
<tr>
<td>Seated D.B. Lateral Raises</td>
<td>4 X 8</td>
</tr>
<tr>
<td>Bring dumbbells out to side (shoulder level) – elbows slightly bent.</td>
<td></td>
</tr>
</tbody>
</table>
D.B. Round the Worlds

Lay on a flat bench with a dumbbell in each hand. The dumbbells are resting on your upper thighs.
Now bring the dumbbells up (arms straight) over the head (mimic doing a lateral raise while laying down). Then swing them outward, down along your sides in a circular motion bringing the dumbbells back to the starting position (below the chest). Squeeze chest together and repeat.

Leg Raise off Bench

Lay back on a flat bench, leaving your legs, from the hips down, extending over the edge of the bench. With your legs stiff and locked together lower them slowly downward until the feet almost touch the floor. Then raise the legs till your feet are far over and beyond your face. Be sure to grip the bench with your hands to maintain balance.

Lying Triceps Bar Kickback or Extensions

Very light bar palms up – laying on bench extend or drive bar straight back in back of head. Flex triceps hard each time in extended position.

TRAINING INFORMATION: Follow for 3 or 4 workouts a week – until you can get back to regular training. Get some papaya tablets and start taking them as directed (if possible).
Dear Dennis:

Always nice hearing from you. I am pleased that the forearms are growing. I feel that with a 7 ¼ inch wrist you will be able to obtain a 16 ¾ or 17 inch forearms in due time.

I have enclosed a sound routine for bringing up your limit poundage in the prone (Flat Barbell Bench Press). It has helped me greatly in the past. I plan to bench 600 lbs. at a body weight of 230. My limit bench is 545 at present time (Chuck didn’t use any lifting “aids”, such as a bench shirt or elbow wraps, to enhance his performance in the bench press. It’s said he did cheat-bench 600 in the gym.). I have never used *Rheo H. Blair’s products. I may give them a try in the future. Keep up the great work Dennis and have a nice summer.

As Ever,

Chuck

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**Communiqué No. 6/April 18th 1967**

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**No. 1**
**Monday & Wednesday**

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets/Reps</th>
</tr>
</thead>
<tbody>
<tr>
<td>Warm Up Flat Barbell Bench Presses</td>
<td>2 X 10</td>
</tr>
<tr>
<td>Regular Grip.</td>
<td></td>
</tr>
<tr>
<td>Flat Barbell Bench Press</td>
<td>10 X 6-4-2-1</td>
</tr>
<tr>
<td><strong>HEAVY/LIGHT SYSTEM:</strong> 2 sets 6 reps – 2 sets 4 reps – 2 sets 2 reps – 4 sets 1 single rep.</td>
<td></td>
</tr>
<tr>
<td>Add weight, drop reps every two sets</td>
<td></td>
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</tbody>
</table>

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**No. 2**
**Tuesday & Thursday**

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets/Reps</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heavy Quarter Bench Press</td>
<td>5 X 8</td>
</tr>
<tr>
<td>Use 50-100 lbs. over your best bench press –</td>
<td></td>
</tr>
<tr>
<td>Bend the elbows just slightly and lower the</td>
<td></td>
</tr>
<tr>
<td>bar 1/4th of the way down and lock out. Be</td>
<td></td>
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<tr>
<td>sure to have a spotter or two and do exercise</td>
<td></td>
</tr>
<tr>
<td>in a (York Barbell) power rack if possible.</td>
<td></td>
</tr>
<tr>
<td>Flat Barbell Bench Presses</td>
<td>5 X 1</td>
</tr>
<tr>
<td>Close to max poundage.</td>
<td></td>
</tr>
<tr>
<td>Heavy One-Eight Bench Press</td>
<td>3 X 4</td>
</tr>
<tr>
<td>Use 100-150 lbs. over your best bench press-Use</td>
<td></td>
</tr>
<tr>
<td>a power rack or have two spotters. Lower the</td>
<td></td>
</tr>
<tr>
<td>bar 1/8th of the way down and lock out – Very</td>
<td></td>
</tr>
<tr>
<td>very slight elbow bend.</td>
<td></td>
</tr>
<tr>
<td>Prones</td>
<td>5 X 2</td>
</tr>
<tr>
<td>Close to max poundage.</td>
<td></td>
</tr>
</tbody>
</table>
Incline Barbell Bench Press 4 X 6
Wide grip on bar.
D.B. Inclined Press 4 X 6
Slowly!
Light Pullovers (Bar) 6 X 20
Very light weight – Deep breaths.
Flat Bench D.B. Flyes 4 X 8
Very deep breaths – Stretch good

TRAINING INFORMATION: Every two weeks try for a limit Prone.
Poundage’s listed in No. 2 are generally 20-40% over a person’s best maximum single effort in the Flat Bench Press (Ref: No. 1).

*The late Rheo H. Blair (aka Irvin Johnson) supervised the nutritional programs of many of the top physique champions from around the country during the 1960’s. Physique champions such as:

Dave Draper - www.davedraper.com
Vince Gironda - www.vincegironda.com
Don Richard Howorth
Larry Scott - www.larryscott.com
Frank Zane - www.frankzane.com

These champions would go to Rheo’s white stucco house in Los Angeles and load up on his wildly popular and result-producing milk and egg protein powder and other Blair supplement formulas.
Don Richard Howorth and Rheo H. Blair

RHEO H BLAIR
“BUILDER OF CHAMPIONS”
DON RICHARD HOWORTH
“IFBB MR. AMERICA - 1967”

Rheo H Blair with his student, Don Richard Howorth. Blair has been Howorth’s nutritional advisor for the past four years. He has been following advanced nutritional principles such as were used by Larry Scott and Gable Boudreaux on their rise to fame. Howorth and Blair are waiting in the Blair executive office for your phone call, that they might discuss your own training programs and advise you on progressive, modern nutrition and training systems.

Famous Blair Signature Logo
Dear Dennis:

It is great hearing from you again. I am very pleased you are still training and have had these fine experiences.

I have always had better results if I take my supplements over a longer period of time during the day. I take them when I get up; After lunch, after dinner, and before bedtime. I feel this way they are digested better. I would take the supplements during your 2nd and 3rd shifts at work even though they are at different times. Protein is always essential and a added help. I have been eating a can of Tuna fish every day with good results.

You must work both the **forearms and calves** very hard for best results. Here is what has been working best for me.

**Forearms:**
- **Reverse Barbell Curl (E-Z bar)**
  - Slowly!
  - 4 sets of 8 reps
- **Secret One-Dumbbell Wrist Curl (off knee)**
  - 4 sets of 15 reps
- **Expander Cable Reverse Curl**
  - 4 sets of 12 reps
- **Squeeze Rubber Tennis Ball**
  - 4 sets of 40 reps

**Calves:**
- **Standing Heel Raises (Calf Machine)**
  - 5 sets of 20 reps
- **One-Leg Heel Raise (off calf block)**
  - 4 sets of 20 reps
- **Hold a dumbbell in the hand. If you are doing one-leg calf raises with you right leg then hold a heavy dumbbell in the right hand and vise versa.**
- **10 Count Calf Flex**
  - 4 sets @ 10 count
- **After each set of the One-Leg Calf Raise while leaning against a wall flex the calves hard high on the toes for a 10 count.**
- **Standing Heel Raises (Calf Machine) again**
  - 5 sets of 10/20
- **Do 5 sets – 10 full reps and 20 burns high on toes.**

I certainly feel you can make a 60 lb. gain in your squat in 3 months. You must also do some very heavy quarter squats. You must do your neck work every day for best results. A neck strap is best.

I am busy training for the IFBB Mr. World and the Olympia contest. I hope to get a 600 lb. prone this year at the show. All of the best to you and keep up the fine work.

As Ever,

Chuck

17
Dear Dennis:

I have just returned home after winning the IFBB Mr. World contest (at the Brooklyn Academy of Music in New York). I also won most muscular, best arms, chest and abs. I did not enter the Olympia this year. I will leave it to later.

I have read over your complete date and will try to answer everything to the best of my knowledge.

I think you are taking enough supplements. I would like to suggest Papaya in conjunction with the tablets (liver and protein) you are taking. If you are after another 20 lbs. you must eat 2 more feedings a day and drink at least 3 quarts of milk besides everything else. Sip it slowly. Always try and eat slowly and relax after mealtime for a few minutes.

I think the problems of no gains is that you are worrying to much about everything – diet and workouts. Learn to enjoy your meals and training and have confidence in what you are doing. The key is now how much you take of this or that or not how many sets and exercises you are doing but how much effort you put into the set & how much rest and peace of mind you are enjoying.

Don’t worry old nature takes it course. I like Papaya for digestion. You do not need a protein concentrate if your diet is right to make gains. Protein is taken from foods in the first place. About 6 glasses of water would be good for your gains daily. I have listed a good health and bulk drink to use in your blender.
1. Milk
2. 3 raw eggs
3. Tigers Milk powder, 3 tablespoons
4. Honey
5. Black Strap Molasses
6. Wheat Germ Oil
7. Banana

I have enclosed a (two part) program I would like for you to follow for your best gains. All the best and we are proud of you for your determination.

As Ever,

No. 1

Barbell Press behind Neck 4 X 8
Ref: Communiqué No. 1 for description
Standing D.B. Lateral Raises 3 X 8
Barbell Shrugs 4 X 8
Arms straight
Incline Barbell Press 3 X 10
Wide grip
Incline Bench D.B. Flyes 4 X 8
Elbows bent slightly
Flat Barbell Bench Press 8 X 6,4,2,1
2 sets 6 reps – 2 sets 4 reps – 2 sets 2 reps –
2 sets 1 single rep
Add weight, drop reps every two sets
Lat Machine Pull downs 3 X 10
Wide grip
Light Pullovers (Bar) 3 X 15
Arms straight
Cheating Barbell Curls 5 X 4
Back bend O.K.
Scott Preacher Curls 5 X 8
Slowly
Conventional Dead lifts 4 X 4
2 breaths between each rep
Standing Heel Raises (Calf Machine) 6 X 15
3 positions (Ref: Communiqué No. 3)
No. 2

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets</th>
<th>Reps</th>
</tr>
</thead>
<tbody>
<tr>
<td>Barbell Back Squats</td>
<td>4 X 8</td>
<td></td>
</tr>
<tr>
<td>Standing Heel Raises (Calf Machine)</td>
<td>3 X 20</td>
<td></td>
</tr>
<tr>
<td>20 burns after each regular set. Top flex position.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Leg Extensions (Machine)</td>
<td>2 X 12</td>
<td></td>
</tr>
</tbody>
</table>

**Use the Pause/No-Pause System on this exercise.**
1st set Pause for a count of two in the bottom position of each rep. 2nd set there should be No-Pause what-so-ever.

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets</th>
<th>Reps</th>
</tr>
</thead>
<tbody>
<tr>
<td>Leg Curls (Machine)</td>
<td>2 X 8</td>
<td></td>
</tr>
<tr>
<td>Pause and No-Pause System</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Incline Sit Ups</td>
<td>4 X 15</td>
<td></td>
</tr>
</tbody>
</table>

Hold a barbell plate behind your head.
Do each rep slowly while flexing the abdominals as you come up.

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets</th>
<th>Reps</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lying French Press (Bar)</td>
<td>5 X 8</td>
<td></td>
</tr>
<tr>
<td>One-Dumbbell Triceps Extension</td>
<td>5 X 6</td>
<td></td>
</tr>
</tbody>
</table>

Alternate these (2) exercises—one then the other
**Ref: Communiqué No. 5**

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets</th>
<th>Reps</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parallel Bar Dips</td>
<td>4 X 8</td>
<td></td>
</tr>
<tr>
<td>Attach a dumbbell to a dip belt</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Barbell Power Cleans</td>
<td>4 X 4</td>
<td></td>
</tr>
</tbody>
</table>

Begin each rep from a dead hang position

**TRAINING INFORMATION:** Alternate No.1 and No. 2 twice per week each. REST FULLY ON OFF DAYS! By this I mean relax and enjoy other interests. Completely forget about training and do something different you enjoy doing.
Dear Dennis:

I am certainly pleased that you are doing so well and your interest in power lifting is continuing. Congratulations on the contest. Your goals are certainly within reason and we will continue the schedules toward this in mind. Enclosed is your new program. I will want to change this schedule in 4 weeks. List your training poundage’s and exercises.

Drink a lot of milk and eat plenty of fruits, vegetables, salads, protein and wheat germ oil this summer. Take care of yourself. I am certainly proud of your efforts.

As Ever,

No. 1

Barbell Back Squats
6 X 6,4,2
2 sets 6 reps – 2 sets 4 reps – 2 sets 2 reps
Add weight, drop reps every two sets
Barbell Bench Press
6 X 6,4,2
2 sets 6 reps – 2 sets 4 reps – 2 sets 2 reps
Add weight, drop reps every two sets
Conventional Deadlifts
6 X 6,4,2
2 sets 6 reps – 2 sets 4 reps – 2 sets 2 reps
Add weight, drop reps every two sets
Barbell Shrugs
4 X 8
Cheating Barbell Curls
4 X 6
Scott Preacher Curls
5 X 10
Incline Situps
3 X 20
Leg Raises off Bench
4 X 15
Military Barbell Press
5 X 6
Incline D.B. Flyes
3 X 8
Standing Heel Raises (Calf Machine)
4 X 20

No. 2

Heavy Quarter Bench Press
5 X 8
Refer to Communiqué No. 6 – Workout #2
Heavy Quarter Barbell Back Squats
5 X 8
With about 50-100 lbs. more than your regular squat perform the squat but go only ¼ of the way down. DO NOT lock knees. Use a spotter/power rack.
Stiff-legged Dead lifts 5 X 4 off Bench
Load up a bar with the poundage you can do for the sets and reps indicated. Place the bar on a flat exercise bench with the center of the bar resting over the middle of the bench and across it.

Stand astride the bench and take a shoulder width (pronated) grip the bar. With your knees locked and legs straight pull the bar (from mid shin or just below the knees) till you are in an upright position. Lower the weight down till the bar touches the bench and without any rebound, return to upright position again. This exercise can be done off wooden box as the graphic illustration depicts.

Pull-ups behind Neck 6 X 6
Parallel Bar Dips 5 X 8
**Fast reps**
Lying French Press (Bar) 5 X 8
Incline Sit Ups 5 X 20
Front Bends 2 X 100
Side Bends 2 X 100
**50 slow then 50 fast reps**
Standing Heel Raises (Calf Machine) 6 X 20

No. 1 TWICE A WEEK
--- ALTERNATE
No. 2 TWICE A WEEK
Communiqué No. 10/July 14th 1970

Dear Dennis:

I am sending off a new schedule for you to follow for 4 weeks. I am leaving for a few days for a tour in Asia so I wanted to get this off to you tonight before I leave.

As Ever,

No. 1

Pull-ups behind Neck 6 X 6
Pull-ups in Front of Neck 6 X 6
Barbell Shrugs 4 X 10
Upright Barbell Rowing 4 X 12
Shoulder-width grip. Keep bar 2” away from body.
Pull no higher that level of your neck. Lower slowly.
Cheating Barbell Curls 8 X 4
Barbell Bench Press 8 X 4
Straight Arm Barbell Pullover 6 X 20
Leg Raises Hanging from Chinning Bar 5 X 10
Use wrist straps to hold onto the bar.

No. 2

Parallel Bar Dips 10 X 8
Lying French Press 8 X 5
Barbell Wrist Curls (Palms Up) 4 X 20
Heavy Quarter Barbell Back Squats 8 X 12
Refer to Communiqué No. 9 – workout #2
Standing Calf Raises 8 X 20
Conventional Dead lifts 4 X 4
D.B. Seated Lateral Raises 6 x 8
Jog (1) Mile – WALK & RUN

No. 1: TWICE A WEEK
--ALTERNATE
No. 2: TWICE A WEEK
Communiqué No. 11/August 19th 1970

Dear Dennis:

I really had a great trip to Asia. I went to Alaska, Tokyo, Hong Kong, Bangkok, Kuala Lumpur, Ceylon, and Hawaii. I was warmly received everywhere and my shows were a huge success. I will be leaving in 10 days for Yugoslavia for the Mr. Universe contest. My training is doing fine and I feel in great shape. I am pleased you are doing so well. I will be able to go more deeply into your training when I return home from the Mr. Universe contest in Belgrade.

As Ever,

No. 1

Body-Weight Only Pull-ups behind the Neck
Body-Weight Only Pull-ups to front of Neck

1 to 10 to 1

1 to 10 to 1 Technique
On each of the above exercises (and Parallel Dips below) begin with 1 rep, rest 10 seconds, 2 reps, rest 10 seconds till you have done 10 reps then work back down to 1 rep in the reverse manner described

Wide Grip Barbell Rows (bent-over)

Pull bar high to chest and lower slowly. Keep the bar moving and feel it in the lats.

Parallel Bar Dips

1 to 10 to 1

Do the 1 to 10 to 1 routine as with the Pullups

4-21-16-4 Concept

Barbell Curl 21’s

4 X 21’s

7 partial reps from start point to midway – 7 partial reps from midway to top of movement – 7 full-range barbell curls

Barbell Cheat Curl

16 X 4

Alternate one set of Barbell Curl 21’s to each 4 completed sets of Barbell Cheat Curls

Quarter Barbell Back Squat

5 X 20

Refer to Communiqué No. 9 – workout #2

Standing Heel Raises (Calf Machine)

5 X 10

At the finish of each set of 10 reps in the Heel Raises do 40 partial burn movements n the top finish position.
No. 2

D.B. Shrugs  
Barbell Bench Press  
2 sets 8 reps – 2 sets 4 reps – 2 sets 2 reps – 2 sets 1 single rep  
Add weight, drop reps every two sets  
Bent Arm Barbell Pullovers  

4 X 10  
8 X 8,4,2,1  

4-21-16-4 Concept  
Lying French Press 21’s  
4 X 21’s  
7 partial reps from start (top) to midway – 7 partial reps from midway to top – 7 full-range French presses  
Conventional Lying French Press (Bar)  
16 X 4  
Alternate one set of French Press 21’s to each  
4 sets of conventional Lying French Presses  

Barbell Wrist Curls (palms down)  
Incline Sit Ups  
Barbell Press behind Neck  

4 X 20  
3 X 25  
6 X 8  

No. 1: TWICE A WEEK  
-- ALTERNATE  
No. 2: TWICE A WEEK
Communiqué No.12/July 14th 1971

Dear Dennis:

I am very pleased with your training poundage’s. Keep up this hard effort for max improvement. I want you to continue your concentration on training poundage’s using basic power movements. Things are fine here. I am training hard for the Police Olympics to be held in San Francisco in Sept in Power lifting. All the best. Keep up the great work.

As Ever,

No. 1

Barbell Back Squats 8 X 8,4,2,1
2 sets 8 reps – 2 sets 4 reps – 2 sets 2 reps –
2 sets 1 single rep
Add weight, drop reps every two sets
Conventional Dead lifts 8 X 8,4,2,1
2 sets 8 reps- 2 sets 4 reps – 2 sets 2 reps –
2 sets 1 single rep
Add weight, drop reps every two sets
Barbell Bench Press 8 X 8,4,2,1
2 sets 8 reps – 2 sets 4 reps – 2 sets 2 reps –
2 sets 1 single rep
Add weight, drop reps every two sets
Scott Preacher Curl 4 X 10
Pull-ups behind Neck 4 X 8
Parallel Bar Dips 5 X 8
D. B. Seated Lateral Raises 5 X 8
Barbell Shrugs 4 X 8
Incline Sit Ups 5 X 20
Heavy Supports: Bench Press Position- 

While lying on a bench support 50-100 lbs. over your best bench at arms length for 6 sets of 6 seconds each. You will feel deep tension throughout the arms and chest. Rest a couple of minutes and repeat. Always use a spotter.

Heavy Quarter Barbell Back Squats 5 X 8 

Refer to Communiqué No. 9-workout #2

Stiff-legged Dead lifts off Bench 5 X 4 
Incline D.B. Flyes 4 X 8 
Incline Barbell Press 4 X 10 
Lying French Press (Bar) 4 X 8 
Bent Arm Barbell Pullovers 4 X 8 

Concentrate on the stretch and chest pull as you bring the bar overhead. 
Barbell Wrist Curl (palms up) 3 X 20 

No. 1 TWICE A WEEK
--ALTERNATE
No. 2 TWICE A WEEK
Communiqué No. 13/August 27th 1971

Dear Dennis:
Do not worry about the slow gains during the warm weather. Just keep moving along as Mother Nature intended and you will continue to improve and some day be a champion. These things come along at times to test us and slow us down. My training poundage’s run around 400 lbs. in the 3 lifts as I prepare for the Police Olympics. I will be appearing in Portland, Oregon in April next year. Hope you enjoy your new schedule. Keep up the fine effort.

As Ever,

No. 1

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets</th>
<th>Reps</th>
</tr>
</thead>
<tbody>
<tr>
<td>Conventional Dead lifts</td>
<td>2 X 8, 4, 2, 1</td>
<td></td>
</tr>
<tr>
<td>Barbell Back Squats</td>
<td>2 X 8, 4, 2, 1</td>
<td></td>
</tr>
<tr>
<td>Barbell Bench Press</td>
<td>2 X 8, 4, 2, 1</td>
<td></td>
</tr>
<tr>
<td>D. B. Incline Curls</td>
<td>6 X 8</td>
<td></td>
</tr>
<tr>
<td>D. B. Seated Press</td>
<td>4 X 6</td>
<td></td>
</tr>
<tr>
<td>Parallel Bar Dips</td>
<td>4 X 8</td>
<td></td>
</tr>
<tr>
<td>Lat Machine Pull Downs</td>
<td>4 X 10</td>
<td></td>
</tr>
</tbody>
</table>

You can do two sets to the front and two sets to the back for variety.

Barbell Press behind Neck       4 X 8

No. 2

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heavy Supports: Bench Press Position-</td>
<td>6 X 6 Sec</td>
</tr>
<tr>
<td>Heavy Quarter Barbell Back Squats</td>
<td>5 X 10</td>
</tr>
<tr>
<td>Dead lifts off Bench</td>
<td>6 X 6</td>
</tr>
<tr>
<td><strong>Ref to Communiqué No. 9 Workout No. 2</strong></td>
<td></td>
</tr>
<tr>
<td>D.B. Triceps Extension</td>
<td>6 X 8</td>
</tr>
<tr>
<td>Barbell Shrugs</td>
<td>4 X 8</td>
</tr>
<tr>
<td>Incline Sit Ups</td>
<td>6 X 20</td>
</tr>
<tr>
<td>Front Bends (hold broomstick behind neck)</td>
<td>2 X 100</td>
</tr>
<tr>
<td>Bent Arm Barbell Pullovers</td>
<td>4 X 8</td>
</tr>
</tbody>
</table>

No. 1 TWICE A WEEK
--ALTERNATE
No. 2 TWICE A WEEK
Dear Dennis:
Enclosed is a new schedule. Hope you enjoy it. I am proud of your great work & effort.

No. 1

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets</th>
</tr>
</thead>
<tbody>
<tr>
<td>Barbell Bench Press</td>
<td>2 X 8,4,2,1</td>
</tr>
<tr>
<td>Bent Arm Pullovers (bar)</td>
<td>3 X 8</td>
</tr>
<tr>
<td>Parallel Bar Dips</td>
<td>4 X 8</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets</th>
</tr>
</thead>
<tbody>
<tr>
<td>Scott Preacher Curls</td>
<td>5 X 8</td>
</tr>
<tr>
<td>D.B. Seated Concentration Curls</td>
<td>5 X 8</td>
</tr>
</tbody>
</table>

Alternate these (2) exercises-one then the other

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets</th>
</tr>
</thead>
<tbody>
<tr>
<td>Conventional Dead lifts</td>
<td>4 X 4</td>
</tr>
<tr>
<td>Barbell Back Squats</td>
<td>5 X 4</td>
</tr>
<tr>
<td>Standing Heel Raises (Calf Machine)</td>
<td>6 X 20</td>
</tr>
<tr>
<td>Incline Sit Ups</td>
<td>2 X 30</td>
</tr>
<tr>
<td>Pullups behind Neck</td>
<td>4 x 6</td>
</tr>
<tr>
<td>Wide grip</td>
<td></td>
</tr>
</tbody>
</table>

No. 2

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heavy Quarter Barbell Back Squats</td>
<td>5 X 8</td>
</tr>
<tr>
<td>Dead lifts off Bench</td>
<td>4 X 4</td>
</tr>
<tr>
<td>Heavy Supports: Bench Press Position-</td>
<td>5 X 10 Sec</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lying French Press (Bar)</td>
<td>5 X 8</td>
</tr>
<tr>
<td>Triceps Machine Push Downs</td>
<td>5 X 10</td>
</tr>
</tbody>
</table>

Alternate these (2) exercises-one then the other

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets</th>
</tr>
</thead>
<tbody>
<tr>
<td>Seated D.B. Press</td>
<td>4 X 6</td>
</tr>
</tbody>
</table>

Do in a strict rhythmic manner. For variety alternate one arm then the other. Do not sway the body

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets</th>
</tr>
</thead>
<tbody>
<tr>
<td>Barbell Press behind Neck</td>
<td>4 X 6</td>
</tr>
<tr>
<td>Barbell Shrugs</td>
<td>4 X 8</td>
</tr>
</tbody>
</table>

No. 1 TWICE A WEEK
--ALTERNATE
No. 2 TWICE A WEEK
Dear Dennis:

We will now go into some very specialized arm work for shape, size and strength. I do not handle the order for the arm wrestling machine. I am not sure if he still handles them or not. You must write the companies address to check on this. (I was asking Chuck for information regarding the Neil Lewis Arm Trainer ad which appeared in Iron Man magazine. Embodied in this communiqué is the advertisement). You are certainly doing well. Keep up the continued effort.

Your Friend,

Chuck
WHICH ARM WRESTLER ARE YOU?
The Guy That Wins Or The Guy That Loses?
TRAIN WITH A CHAMPION TO BECOME A CHAMPION
The Neil Lewis Arm Wrestling Trainer
The One And Only Exerciser Of It's Kind In The World

Do you want arms of steel like muscle, would you like to prove your manly strength by putting down men twice your size in an arm wrestling match. If you have never experienced that sheer feeling of power and satisfaction in winning a hard fought match, then your in for the thrill of a lifetime, just a few short weeks of consistent practice with the Neil Lewis Arm Wrestling Trainer will prove how powerful your arms and wrists can become, within a few short months you will have such muscularly strong arms that it will amaze you. We don't guarantee that you will win all the contests, but you will certainly give them a run for their money. Don't sit around dreaming of how strong you can be, it takes hard work and action...act now...send for your Trainer today and be where the action is, but remember...once you grip that power handle, you're hooked...it's a love affair from the first touch...go ahead...touch it and see...only $95.00 (weights not included)
F.O.B. Vancouver, B.C.
Canada (We pay U.S.A. Dute) Shipping Weight 110 lbs.

The Neil Lewis Arm Wrestling Trainer is portable and can be set up for either right or left hand operation. It's construction consists of cold rolled and flat bar steel with a polished chrome finish and topped with a thick padded naugahide cover.

Guaranteed to last a lifetime. Send $5.00 for our completely illustrated color brochure.

Special quantity discounts to Gyms, Spas, Schools, Racquetsports centers and teams.

Chuck Sipes
Professional Mr. America
Mr. Universe, Mr. World

"Chucks Creed"
Improve yourself Mentally, Physically, and Spiritually, so that we may keep America strong through Spiritual and Physical Fitness

Illustrated Model
No. POM L. 1007 - RPS
U.S. Patent
No. 3475024
Canadian Patent
No. 74813
### No. 1

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets</th>
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</thead>
<tbody>
<tr>
<td>Barbell Bench Press</td>
<td>8 X 8,4,2,1</td>
</tr>
<tr>
<td>Heavy Quarter Bench Presses</td>
<td>6 X 6</td>
</tr>
<tr>
<td>Cheating Barbell Curls</td>
<td>6 X 4</td>
</tr>
<tr>
<td>Scott Preacher Curls</td>
<td>6 X 8</td>
</tr>
<tr>
<td>3-Way Seated D.B. Concentration Curls</td>
<td>9 x 8</td>
</tr>
<tr>
<td>Incline Bench D.B. Curls</td>
<td>6 X 8</td>
</tr>
<tr>
<td>Conventional Dead lifts</td>
<td>5 X 4</td>
</tr>
<tr>
<td>Incline Sit Ups (Incline)</td>
<td>4 X 10</td>
</tr>
</tbody>
</table>

**Alternate these (2) exercises-one then the other**

- Triceps is resting on forearm stretched across leg. Third position bend over a table with forehead on forearm and with palm facing you touch dumbbell under arm pit.
No. 2

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets</th>
</tr>
</thead>
<tbody>
<tr>
<td>Barbell Back Squats</td>
<td>8 X 6,4,2,1</td>
</tr>
<tr>
<td>Standing Heel Raises (Calf Machine)</td>
<td>6 X 20</td>
</tr>
<tr>
<td>Barbell French Press (Lying or Seated)</td>
<td>6 X 4</td>
</tr>
<tr>
<td>Triceps Machine Pushdowns</td>
<td>6 X 10</td>
</tr>
</tbody>
</table>

Alternate these (2) exercises—one then the other

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets</th>
</tr>
</thead>
<tbody>
<tr>
<td>One D.B. Seated Triceps Extension</td>
<td>4 X 8</td>
</tr>
<tr>
<td>Parallel Bar Dips</td>
<td>4 X 10</td>
</tr>
</tbody>
</table>

Alternate these (2) exercises—one then the other

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lying Triceps bar Kickbacks or Extension</td>
<td>6 X 8</td>
</tr>
<tr>
<td>Refer to Communiqué No. 5</td>
<td></td>
</tr>
<tr>
<td>One D.B. Triceps Extension (Lying on a bench)</td>
<td>6 X 8</td>
</tr>
</tbody>
</table>

Alternate these two exercise—one then the other

No. 1 TWICE A WEEK
--ALTERNATE
No. 2 TWICE A WEEK
Dear Dennis:

Enclosed is a new schedule: Happy Holidays.

Communiqué No. 16/December 23rd 1971

No. 1

Barbell Bench Press 8 X 6,4,2,1
Barbell Back Squats 8 X 6,4,2,1
Conventional Dead lifts 8 X 6,4,2,1
Scott Preacher Curls 4 X 10
Barbell French Press (Seated or lying) 4 X 8

No. 2

Heavy Supports: Bench Press Position- 6 X 20 Sec
Heavy Quarter Barbell Back Squats 6 X 10
Stiff-legged Dead lifts off Bench 6 X 4
D.B. Concentration Curl (Seated) 4 X 8
One D.B. Triceps Press 4 X 8

No. 1 TWICE A WEEK
--ALTERNATE
No. 2 TWICE A WEEK
Dear Dennis:

Sorry I am so late in answering you’re most welcome and interesting letter. I have been away doing my youth work and strength shows. (Note: Chuck was referring to his appearances before various civic groups...giving demonstrations at high school and college athletic departments. He would also appear at many fairs and Exhibitions in his home state of California. See photo accompanying this communiqué of Chuck lifting a Ford Ranchero). My training is doing well and I am keeping in top shape even though I am so very busy. I am enclosing a new 6 day a week schedule that will really help your power and physique. I normally receive $500.00 for an appearance out of state. Since I am working with you I would be happy to come for the $300.00. This of course is for the program. I would require a round trip (air) fare from Stockton, California plus meals and a place to stay while there.

If this is satisfactory give me a date so I could check my schedule to see if it would be possible for me to come. I have enclosed my new address and I will receive it personally. Keep up the fine work. I have high hopes for you next year.

As Ever,

No. 1
MONDAY & THURSDAY

Barbell Back Squats
2 sets of each, light to heavy

2 X 8, 4, 2

Heavy Quarter Barbell Back Squats
4 X 10

Leg Extensions (Machine)
4 X 15

Leg Press (Vertical Machine)
4 X 15

Seated Calf Machine Heel Raises
6 X 20

Incline Sit Ups
3 X 20
No. 2
TUESDAY & FRIDAY

Barbell Bench Press 4 X 8, 4, 2, 1
2 sets of each, light to heavy

Heavy Quarter Bench Presses 4 X 8

Heavy Supports: Bench Press Position- 4 X 10 Sec
Scott Preacher Curls 4 X 10
Reverse Curls (standing) 4 X 8
Incline Sit Ups 3 X 20

No. 3
WEDNESDAY & SATURDAY

Conventional Dead lifts 6 X 8, 4, 2
2 sets of each, light to heavy

Stiff-legged Dead lifts off Bench 6 X 4
D.B. Shrugs 4 X 6
Parallel Bar Dips 6 X 8
Side Bends (hold broomstick behind neck) 2 X 100
Pull-ups behind Neck 4 X 8
Lying French Press 8 X 6

It’s 1965 and Chuck Sipes is shown lifting the back end of a 2400 lbs. Ford Ranchero at one of many strength exhibitions he did around the country. Once the wheels leave the ground Chuck is supporting approximately 1600 lbs. Chuck attributed power “supports” (described and included within many of the programs in this e-report) as a one of his power training secrets for success in lifting an auto.
Dear Dennis:

I am certainly pleased you are enjoying the 6 day a week training. I have enclosed your new schedule. Continue the hard work and hope you enjoy this new routine. I am leaving in 2 days into the Mt. Lassen wilderness for a trek across the wilderness for a month. We will be living close to nature, eating natural foods. I will come out of the mountains the first part of August some time.

(Chuck worked for the California Youth Authority (C.Y.A.) for 20 years. His main function was to take troubled inner-city youths on 26-day expeditions into the most remote areas of the California mountains and deserts as a part of their therapy).

The last part of September I will be leaving for the east coast for some shows including the Naval Academy at Annapolis, Maryland. I send my best wishes and have a enjoyable summer.

As Ever,

No. 1

MONDAY & THURSDAY

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets</th>
<th>Reps</th>
</tr>
</thead>
<tbody>
<tr>
<td>Leg Extensions (Machine)</td>
<td>2</td>
<td>30</td>
</tr>
<tr>
<td><strong>Rapid reps until quadriceps burn</strong></td>
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<tr>
<td>Barbell Back Squats</td>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td>Heavy Quarter Barbell Back Squats</td>
<td>4</td>
<td>10</td>
</tr>
<tr>
<td>Leg Press (Vertical Machine)</td>
<td>4</td>
<td>25</td>
</tr>
<tr>
<td>One-D.B. Heel Raises</td>
<td>4</td>
<td>30</td>
</tr>
<tr>
<td><strong>Description Ref: Communiqué No. 7 Calves.</strong></td>
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<tr>
<td><strong>Do 10 reps slow, 20 bouncy per set</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Incline Sit Ups</td>
<td>4</td>
<td>30</td>
</tr>
</tbody>
</table>
No. 2
TUESDAY & FRIDAY

Incline D.B. Flyes 3 X 8
Barbell Incline Press 3 X 12

Wide grip
Parallel Bar Dips 6 X 10
Barbell Bench Press 4 X 2
Heavy Supports: Bench Press Position- 4 X 20 Sec
Hanging Leg Raises from Pull Up Bar 4 X 10

No. 3
WEDNESDAY & SATURDAY

Scott Preacher Curl 4 X 10
Lying French Press (Bar) 4 X 8
Conventional Dead lifts 4 X 4
Barbell Wrist Curls (palms up) 3 X 20
Pull-ups behind Neck 4 X 8
Front Bends (with broomstick behind neck) 3 X 25
Communiqué No. 19/February 6th 1973

Dear Dennis:

Enclosed please find new schedule. Hope things are going well and you have a enjoyable time at the meets coming up. Things are fine here. Training hard and getting ready to go on another month long expedition into the Mojave region.

As Ever,

[Signature]

Barbell Bench Press 2 X 10, 4, 1
2 sets each, light to heavy
Barbell Back Squats 2 X 10, 4, 1
2 sets each, light to heavy
Conventional Dead lifts 2 X 10, 4, 1
2 sets each, light to heavy
Barbell Shrugs 2 X 8
Pull-ups behind Neck 2 X 8
Parallel Bar Dips 2 X 10
Barbell Curls 3 X 10
Use the 1/3 rd technique. Do one set wide-grip, one-set shoulder grip and one set close-grip.
Seated French Press (Bar) 3 X 10

THREE ALTERNATE DAYS PER WEEK
Dear Dennis:

I have just returned home from a 100 mile trek across the Mohave Desert. I led the expedition of 11 members. We were gone 26 days. We hit lots of snow, rain, hail and cold which is quite unusual for the Mohave this time of the year. I was able to get into superb physical condition while on the trip. I am back on the weights now.

I enjoyed the photo’s (Chuck was referring to the photo’s I sent him of me competing in the 1973 Alaska State Power lift meet and Mr. Alaska bodybuilding competition) and pleased to hear you did so well. I would want to see how the physique responds to training before deciding about going to 198 or 220. I have enclosed a routine for you to use if you wish. All the best! I will be leaving for the wilds again soon. This is the only place one can be at peace!

As Ever,

No. 1

Barbell Bench Press 4 X 6
Conventional Dead lift 4 X 6
Barbell Back Squats 4 X 6
Pull-ups behind Neck 4 X 8
Parallel Bar Dips 4 X 8
Barbell Pullovers (Stiff Arms) 2 X 20
Barbell Curls 4 X 10
Seated French Press (Bar) 4 X 10
Standing Heel Raises (Calf Machine) 2 X 20
Barbell Wrist Curls (palms up) 2 X 20
Incline Sit Ups 3 X 25
Barbell Press behind Neck 4 X 6
No. 2

Barbell Bench Press 6 X 10

Light weight – just blast bar off chest for speed.

Heavy Negative Resistance Reps:

Bench Press Position- 4 X 8

Fight the weight down slowly to the chest. Use about 100 lbs. over best maximum bench press on these heavy.

Heavy Supports: Bench Press Position- 6 X 10 Sec

Use 100-150 lbs. over best maximum bench press.

Note: For some reason Chuck did not list the number of workout days for No. 1 and No. 2. I believe that I was alternating each of them twice per week.
Dear Dennis:

Enclosed is a good bodybuilding schedule for you to get started on. With a lot of dedication and hard work I am sure you will be able to win the Mr. Alaska event. All the best and train hard.

Sincerely,

Chuck Bepos

Communiqué No. 21/July 22\textsuperscript{nd} 1973

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets</th>
<th>Reps</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pull-ups behind Neck</td>
<td>4 X 8</td>
<td></td>
</tr>
<tr>
<td>Barbell Press behind Neck</td>
<td>3 X 8</td>
<td></td>
</tr>
<tr>
<td>Front Raise with Bar</td>
<td>2 X 10</td>
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<tr>
<td><strong>With palms facing down do one set at shoulder width and another set wider than shoulder width.</strong></td>
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<tr>
<td>Barbell Bench Press</td>
<td>4 X 12</td>
<td></td>
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<tr>
<td>D.B. Flat Flyes</td>
<td>3 X 8</td>
<td></td>
</tr>
<tr>
<td>Straight Arm Barbell Pullovers</td>
<td>3 X 20</td>
<td></td>
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<tr>
<td>Lat Machine Pull Downs</td>
<td>3 X 12</td>
<td></td>
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<tr>
<td>Scott Preacher Curls</td>
<td>3 X 12</td>
<td></td>
</tr>
<tr>
<td>Cheating Barbell Curls</td>
<td>3 X 4</td>
<td></td>
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</tbody>
</table>

Alternate these (2) exercises—one then the other

No. 2

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets</th>
<th>Reps</th>
</tr>
</thead>
<tbody>
<tr>
<td>One-D.B. Heel Raise</td>
<td>2 X 60</td>
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</tr>
<tr>
<td><strong>Description Ref:</strong> Communiqué No. 7</td>
<td></td>
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<tr>
<td>(30 full, 30 pump)</td>
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<tr>
<td>Barbell Back Squats</td>
<td>4 X 12</td>
<td></td>
</tr>
<tr>
<td>Lying French Press (EZ curl bar)</td>
<td>4 X 8</td>
<td></td>
</tr>
<tr>
<td>Triceps Push Downs</td>
<td>4 X 20</td>
<td></td>
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</tbody>
</table>

Alternate these (2) exercises—one then the other

*Secret One-Dumbbell (palm up) Wrist Curl [With upper arm parallel]       | 3 X 20|     |
| Incline Sit Ups                                                         | 3 X 50|     |
| Front Bends (with a broomstick)                                         | 2 X 50|     |
| Side Bends                                                              | 2 X 50|     |
| Parallel Bar Dips                                                      | 6 X 10|     |
Note: For a change of pace in training the legs you can alternate Barbell Front Squats 4 sets x 6 reps with Barbell Straight Arm Pullovers 4 sets x 10 reps. One-Legged Body-weight Squats Off Bench are a good substitute.

No. 1 TWICE A WEEK
--ALTERNATE
No. 2 TWICE A WEEK

*Secret One-Dumbbell (palm up) Wrist Curl [With upper arm parallel] A Chuck Sipes original...performed by Dave Draper

- Load one-dumbbell to usable poundage that you can get 20 reps with.
- Place the dumbbell at the foot of the bench.

Ready Position:

- Straddle the foot of the bench while facing the dumbbell. Reach down with one hand and take an off center (thumb set firmly against the inside plate), palm up grip, on the dumbbell handle.
- For a solid base of support lay the back of the forearm (from the elbow to the wrist) along the top of the thigh, with the hand and the lower part of the wrist extending off the end of the knee.
Twist or lean your torso forward and to the outside until the upper arm & shoulder of the dominant hand is parallel to the floor, or as near as you can make it. Remain in this position as you prepare to perform to do the One-Dumbbell (palm up) Wrist Curl.

Action:

Contract the forearm muscles and flex the wrist, curling the dumbbell up as high as possible (the anatomical range of wrist action should allow the hand to finish approximately 60 degrees to horizontal). Pause for a 2-second count at this peak contraction position. S-L-O-W-L-Y lower the hand downward so that it hyper-extends below the edge of the knee.

Breathing:

Inhale and hold your breath as you wrist curl the dumbbell up; exhale as you lower the dumbbell to a hyperextend wrist position.

Tips:

By leaning the shoulder and upper arm of the dominant hand to a parallel position to the floor position you'll notice a much stronger muscle contraction in belly of the forearm as compared to doing it the regular way.
Dear Dennis:

I have just returned home from a most successful trek into the high Sierra Mountains. I was very happy to hear of your competition. I would try your limit poundage’s every two months in meet style. Also work hard on adding reps or poundage’s. On your limit poundage days don’t do any other training. Use this as a training workout. Warm-up with a very light weight and then go to about half the poundage of your limit for a couple of reps, then your maximum. I have enclosed a schedule for power lifting to follow for 8 weeks. Hope you enjoy it and train hard.

Sincerely,

No. 1

Barbell Bench Press
2 sets of each, light to heavy
Refer to Communiqué No. 12
Heavy Supports: Bench Press Position-
100 lbs. over best lift. Begin at 5 seconds and work up to 10.
Heavy Negatives: Bench Press Position-
Lower bar slowly to chest – heavy weight
Refer to Communiqué No. 20
Barbell Back Squats
2 sets each, light to heavy
Heavy Quarter Barbell Back Squats
Heavy Supports: Barbell Back Squat Position-
Standing Heel Raises (Calf Machine)
(20 slow, 30 burns)
Cheating Barbell Curls
No. 2

Conventional Dead lifts 2 X 6, 4, 2
2 sets each, light to heavy
Stiff-legged Dead lifts from bench 6 X 1
Barbell Shrugs 4 X 6
Barbell Power Cleans 6 X 4
Begin each rep from a dead hang position.
Seated French Press (Bar) 4 X 6
Barbell Press behind Neck 6 X 2

No. 1 TWICE A WEEK
--ALTERNATE
No. 2 TWICE A WEEK
Dear Dennis:

It sounds as though you continue to improve. This is great! I have just returned from the wilderness and I will leave off, the 3rd of July for a month long trek into the wilds of the Trinity Alps.

When I return I will be going to the Philippines for some exhibitions. I have enclosed a good calf routine. They will really ache but you need this burn for growth.

On your shows do some strength and then concentrate on basic things that will help the average individual get interested in a fitness program. All the best and keep well.

As Ever,

Calf Routine

Standing Heel Raise (Calf Machine) 4 X 40
Slow and concentrated
One-Leg Heel Raise (off calf block) 4 X 60
With just your own bodyweight concentrate on the downward stretch position for the first 30 reps and then do 30 more reps in a bouncy fashion concentrating on the peak contraction at the top each rep.

Seated Toe Pull-Backs (Use Iron Shoes) 2 X 20
Load a small amount of weight evenly to the loading bar on each of two Iron shoes. Now strap an Iron shoe tightly to the bottom of each of your shoes you are wearing.

Next sit on the edge of a tall stool or high bench with your legs dangling and slightly outstretched. Slowly bend your ankles so that the front of your feet moves up as far as possible toward your shins.

Hold the contraction for a second and then lower to the starting position. You will feel a tremendous stretch in the shin muscles. Continue to work the feet back and forth for two sets of 20 reps.

Refer to Communiqué No. 7 for another Calf Routine.

Train Every-Other-Day
Communiqué No. 24/September 26th 1974

Dear Dennis:

I have just returned home from a 2 week trip to the Philippine Islands doing many shows and exhibitions. I have read your letter and I really do not think it is a good idea for me to make up that many schedules so far in advance. I have enclosed a schedule I would follow for a couple months. Then write to me and let me know how the lifts are going and I will send another program.

I would train three times a week doing the three power lifts concentrating on style and gaining poundage’s. On the bench concentrate on the initial drive forcing the reps out fast in the lighter poundage’s. This routine may not seem like too much but you must just concentrate on these big three for a couple of months. I think your idea of writing a book sounds great and I am sure you could do it. I send my very best wishes and am pleased you will be competing again in April.

As Ever,

No. 1

Barbell Bench Press 8 X 8,6,4,2
2 sets each, light to heavy
Barbell Back Squat 8 X 8,6,4,2
2 sets each, light to heavy
Conventional Dead lift 8 X 8,6,4,2
2 sets each, light to heavy
Dear Dennis:

I have just returned home from the Rendezvous in the Mountains. It was a lot of fun. We had about 300 Mt Men shooting muzzle loaders for prizes. Enclosed is the brochure on my latest prints. They are great for home or office. I believe you said you were interested in the Before The White Man print (Chucks artistic renditions conveyed his reflections of the American West). Hope things are going O.K. for you.

Sincerely,

Chuck Eigers

With a muzzle loader in hand, buckskin clad Mountain Man Chuck does an Impromptu bicep pose at the Rendezvous in the Mountains.
BEFORE THE WHITE MAN

SIPE'S MOST RECENT LIMITED EDITION PRINTS

Out of the past a vision is re-created in a new limited edition print by Chuck Sipes.

Before the White Man Western migration the American Indian lived for centuries close to Mother Nature and her laws.

Sipes newest release Before the White Man is a beautifully reproduced limited edition print measuring a full 24"x31" inches to enhance your home or office.

Chuck Sipes paints what he loves best, Wildlife, American Landscapes, American Indians and Mountain Men. Having grown up in the West and hiked the wilds of the High Sierras, when a young lad, he brings to his paintings a deep understanding and reverence for the unspoiled wilds. Chuck worked as a guide for the State of California for seven years, leading 26 day expeditions into the most remote areas of the California mountains and deserts. During these adventurous treks he carried a sketchbook and put down his reflections of the American West. His paintings at times will depict an event in our history long forgotten by many, by the passage of time.

There is another side of Chuck that should be mentioned. He has devoted his life to physical excellence winning the Mr. America title in 1959, Mr. Universe title in 1961 and the Mr. World title in 1967 and now a full time Artist.
2002-2003 Update – You may order this beautiful reproduced limited edition fine art print in full color. It measures 24 x 31 inches. Contact JNKomich@aol.com for ordering information.
Dear Dennis:

Sounds like you are doing well on the schedules and enjoying them. The best way to improve the bottom position in the squat is to program jumping squats with a light weight. This will build the initial driving power.

I have enclosed some in this program. I would never use the bands (knee wraps) in training even though your poundage’s drop. They will slowly rise and when you use the bands in a contest you will then do more. Wraps in training have a tendency to weaken muscle areas.

I have sent some information on the club (Chuck’s American Bodybuilding Club) to John.

I have been training hard. Will be going east for some appearances next month. Will be doing a half-hour special on T.V. Monday evening.

As Ever,

No. 1
MONDAY & THURSDAY

Leg Extensions (Machine) 2 X 50
Heavy Quarter Barbell Back Squats 4 X 15
“Muscle Beach” Sissy Squats 4 X 8
Illustration & description on next page
Leg Press (Vertical Machine) 2 X 40
One-D.B. Heel Raise 4 X 50
Description Ref: Communiqué No. 7 (20 reps slow, 30 reps bouncy)
Incline Sit Ups 2 x 50
Stand in an upright vertical posture next to a stationary post, power rack or chair, etc. With a slight absence of knee lock, place your feet approximately 12 to 18 inches apart, with heels inward and toes rotated out laterally, just slightly. The feet should be 13” apart and the knees 17” wide.

To maintain a perfect balance in this “fire-bombing” quadriceps exercise, lightly grasp hold of the stationary post, etc. with one hand.

Now, with just your own bodyweight, rise up on your toes or, if you wish, place your heels on a 4” x 4” block of wood. Lean your upper torso backward (approximately 45 degrees from vertical) until you feel a maximum stretch contraction in the quads, especially just above the knees. Your upper torso and thighs will be in alignment with one another if you have done this correctly.

While maintaining this inclined, lying back position (you will basically be at a 45-degree angle to horizontal position), slowly lower your body by bending your knees, allowing them to thrust forward. Allow the upper torso and thighs to descend to where the shoulders are directly over the heels and beyond. Do not relax at this point. Keep continuous tension on the quads by doing a smooth direction reversal at the bottom of the negative stretch (approximately parallel to the floor) phase by straightening your quads and driving your hips forward till you are once again at the non-lock starting point. Remember, as you come up, to push off on your heels while pulling the front part of your foot up off the floor. Begin the next rep immediately. With absolutely no pausing, continue until you have completed 4 sets of 8 reps in nonstop, non-lock style.
No. 2
TUESDAY & FRIDAY

Seated D.B. Press 4 X 6
Barbell Press behind Neck 4 X 8
Pull-ups behind Neck 4 X 6
Parallel Bar Dips 4 X 8
Barbell Bench Press 2 X 8, 4, 2, 1
Scott Preacher Curls 6 X 10

No. 3
WEDNESDAY & SATURDAY

Triceps Machine Push Downs 5 X 10
Lying French Press (Bar) 6 X 6
Jumping Squats (hold a dumbbell in each hand) 4 X 10
Spring up fast and keep moving
Barbell Reverse Curls (E-Z bar) 6 X 8
Bent Arm Barbell Pullovers 5 X 8
Conventional Dead lifts 4 X 4
Dear Dennis:

Thanks for the recent letter. I had a really great tour of the east coast and did many shows. I will be leaving tomorrow for an expedition into the wilderness. We will be crossing about 100 miles of desert and high mountains. I will be back around the end of November. Let me know as soon as possible about the Feb show so I can work it into my schedule if it works out.

Enclosed is a schedule to follow until the end of Nov when I return. I am certainly proud of your progress and continued effort. Write to Richard Filice at the address on the enclosed card and he will guide you as far as diet goes and supplements. He is an expert on these things and helps me on my nutritional requirements. Send in the card so we can put you on our mailing list for supplements etc. Do the bench press schedule as outlined (Ref: Communiqué No. 6) and include it in the following workouts.

As Ever,

No. 1
MONDAY & WEDNESDAY

Barbell Back Squats  2 X 8, 4, 2
2 sets of each, light to heavy
Standing Heel Raise (Calf Machine)  4 X 20
Do these in deep concentration making the calf muscles carry the load. Do in a slow rhythm trying to force out each rep at the peak of the heel raise.
Conventional Dead lifts  2 X 8, 4, 2
Barbell Shrugs  4 X 8
Scott Preacher Curls  4 X 10

No. 2
TUESDAY & THURSDAY

Heavy Quarter Barbell Back Squats  6 X 6
Leg Extensions (Machine)  3 X 20
Leg Curls (Machine)  3 X 10
Use the Pause and No-Pause System. Ref to Communiqué No. 8 Workout No.2 for a description.
Dead lifts off Bench  4 X 4
(barbell positioned below knee)
Barbell Power Cleans  4 X 8
Begin each rep from a dead hang position.
Lying French Press (Bar)  4 X 8
No. 3
FRIDAY

TAKE A STEAM BATH OR HOT SHOWER
Then rinse off with cool water until it is ice cold. When it is as cold as it will go stay under the stream for two minutes.

JOG (1) MILE – WALK & RUN
Dear Dennis:

Sorry I am somewhat late in answering your letter. I have been very busy with numerous activities. One, I just finished doing a posing exhibition for the local contest here. I received a standing ovation when I finished and I was deeply moved by this. The show was a huge success and very well done.

I sold my mobile and will be moving into my new home the first of the week. It will take me a couple of weeks to get settled. I must now get the yard in and put up a fence. In August I will be going to the mountains and in Sept I will be running a expedition for the state.

I will leave the discussion on the tapes (I had asked Chuck to do some “Living Sound” audio tapes on his bodybuilding, strength, nutrition and feats of strength practices) up to you. I am happy you enjoyed the ’77 Frank Zane seminar. In October I will be able to finish up on the power lifting tape and the others. Things sure take a long time, but in a way this is better because we are not rushing into anything.

After I finish moving and unpack I will begin to send more material for the book. I will keep in touch and I feel you are doing a fine job. I have enclosed a deltoid routine. I feel it to be one of the finest. Do it twice a week.

Sincerely,

Dennis Delts

Seated Barbell Front Press 4 X 8
Ref to Communiqué No. 1
Seated Barbell Press behind Neck 4 X 8
Front Raise with Bar 2 X 12
Seated D.B. Lateral Raise 2 X 12
Bent-over D.B. Rear Lateral Raises 2 X 10
Seated D.B. around The Worlds 2 X 10
Arms outstretched
Communiqué No. 29/No Date

Dear Dennis:

Three days per week sound fine and I think you will be able to put a lot of effort into your workouts this way. One thing I want you to know, I am very proud of your training and efforts and some day they will pay off.

![Barbell Press](image)

Things are fine and I will be going for a climb Thursday. The Sierra’s are really beautiful this time of the year. Do your Barbell Press behind Neck seated for best deltoid development. Take care and train hard.

As Ever,

[Signature]

58
Dear Dennis:

It is nice to hear you will be going to Portland, Ore for the Power lift meet. Train hard and I am sure you will do well. I have just returned home from Portland a few weeks ago winning the Mr. Past 40 contest.

I am taking a 2 year course in Art from the Washington School of Art so am putting in many hours of study each day, but really enjoying it. I will be leading a month long expedition into the Trinity Alps in July so am keeping very busy.

Hope you enjoy the Arm Routine. It should be of benefit to you. Do it 3 times a week. Keep up the hard effort. I am proud of you.

As Ever,

Dennis Arm

Routine I

Cheating Barbell Curls (Straight or EZ-bar) 4 X 4
D.B. Concentration Curls 6 X 8
2 sets each position
Ref to Communiqué No. 15
Scott Preacher Curls 3 X 10
Barbell Wrist Curls 4 X 10
2 sets palms up, 2 sets palms down
Lying French Press (Bar) 4 X 6
Touch bar to nose.
Triceps Machine Pushdowns 3 X 20
Chin-Ups 6 X 6
With palms facing you, wide grip, touch chin to bar
Parallel Bar Dips 4 X 8
Dear Dennis:

Thank you for your most recent letter. It sounds as though you are keeping busy. This is good and keeps one young. I am pleased to hear the article will be coming out in January.

I do appreciate the coverage you have given me over the years and your tribute to the sport has been tremendous and long lasting. Did I mention to you that I was elected into the Hall of Fame this last summer? It was certainly a thrill for me. I have been very busy lately working on the wilderness program for the State of California.

My training is going well and I have been doing a lot of Banjo playing. I do think the idea of a life story would be a good one. I could help you write it. I have had such a full and varied life. When you finish your other books, we could get started on it. I am thinking about retiring in the Bitterroot Valley in Montana. I will have to look up Wayne when I get up that way.

I have enclosed a good arm routine that will give you that extra size you are looking for. Do it three times a week.

Have a good Thanksgiving and holiday season. If they come out with a good past 50 contest let me know. I might enter.

Sincerely,

Dennis Arm

Routine-II

Scott Preacher Curl 2 X 12
Standing Barbell Curl 8 X 12,6,4,2
2 sets each, light to heavy
Seated Alternate D.B. Curl 4 X 8
Lying French Press (Bar) 8 X 12,6,4,2
Reverse Triceps Bench Dips 4 X 8
Read description below
One Arm D.B, Triceps Extension 2 X 12
Ref to Communiqué No. 5
Barbell Reverse Curls (E-Z bar) 4 X 10
Barbell Wrist Curls (Palms Up) 2 X 15
Reverse Triceps Bench Dips

Place two flat exercise benches (or very sturdy and stable based chairs or wooden boxes) parallel to each other, and approximately 3 feet apart or further (at least the length of your legs for sure). Physically bridge the two flat benches by tightly grasping the edge of one bench with your hands (close together, approximately 6 inches apart, fingers facing forward and your arms locked out). Place your heels on top of the other bench. Your torso should assume a right angle with your legs, which are locked straight throughout each and every rep.

S-l-o-w-l-y bend your arms (while rotating your elbows outward) as fully as possible, while lowering your body (taking care to keep your back close to the bench) between the two benches. Try to lower yourself down until the upper arms are at a right angle with the forearms. With the strength of your triceps push back up to the start position, by locking the arms out fully. Be careful not to use the strength of your deltoids anymore than necessary when pushing yourself upward.

Keep your head upward and lean backward over the top of your triceps and push hard at the top of the movement. If you did and raise s-l-o-w-l-y and make a concentrated effort to push (squeeze) hard at the top, you probable won’t need any extra resistance other than your own body weight to begin with. However when the exercise becomes easier, have some one add resistance in the form of barbell plates, laying them high on top of your thighs (lap).

Pro-tip: For the ultimate triceps contraction elevate your foot placement on a bench which is 6 to 12 inches higher than the bench your hands are on.
Dear Dennis:

I have enclosed a routine for 3 times a week, 1 hour each that will maintain your lifts and help your weak areas in physique. Do this about 6 weeks. Then drop me a line and I will send a change. Send in card and order my book Preparation for Physique Competition (Refer to ad on page 87 to learn about this Chuck Sipes classic). This has everything on posing etc that you should know. My private number is ____ ____ ____ in Stockton, Calif. All the best and have a nice holiday season.

Sincerely,

Chuck Sipes

No. 1
Monday, Wednesday, Friday

Barbell Bench Press  6 X 4,2,1
2 sets each, light to heavy
Barbell Back Squat  6 X 4,2,1
2 sets each, light to heavy
Conventional Dead lift  6 X 4,2,1
Barbell Press behind Neck  2 X 12
Barbell Wrist Curls (Palms Up)  2 X 20
Hanging Leg Raises from Pull-Up Bar  2 X 10
Side Bends (with broomstick behind neck)  2 X 50
One D.B. Heel Raises  2 X 20

Description Ref: Communiqué No. 7
Dear Dennis:

I have just returned from a two week canoe expedition into Northern California and read over your most recent letter. I would do some chins from straps for upper back separation. Use webbing (nylon) and stretch or hang from the rafters and do chins from there with wrists looped. You can use some weight around your waist. Also hang and stretch on these. Four sets of 8 reps would be good.

Chuck performing...

Strap Chins with Wrists looped (AKA-Hanging Lat Stretches)

My training is doing well Dennis. I have turned down 2 big shows already this year. I plan to be deep in studies. You are a great credit to our sport. Hang in there. Following is a good routine for endurance and be fit ½ hour a day.

Your Friend,

Chuck
No. 1
Monday, Wednesday, Friday

- Barbell Back Squats: 2 X 20
  *Light poundage, breathe very deeply between reps*
- Straight Arm Barbell Pullovers: 2 X 20
  *Light poundage, breathe very deeply between reps*
- Pull-ups behind Neck: 2 X 8
- Parallel Bar Dips: 2 X 12

No. 2
Tuesday, Thursday, Saturday

- Barbell Bench Press: 2 X 12
- Barbell Power Cleans: 2 X 8

Daily

- Jog: 1 Mile
- Incline Sit Ups: 1 X 50
- Front Bends (with broomstick behind neck): 1 X 50
- Side Bends (with broomstick behind neck): 1 X 50
Hi Dennis,

I guess I owe you a letter so I though I better drop you a line. Things are fine here and we had a most beautiful Easter. The family was over so it was a most enjoyable day. In answer to your questions!

If you elected to put full effort into the Bench Press I am sure you could gain 75 lbs. in 9 months.

I would follow the schedule (Refer to Communiqué No. 6) I sent you years ago and then let me draft a new one for you when you have followed this for at least two months or until you feel a slow down. The new schedule would then be followed for at least 2 months.

It took the members at the gym slightly over a year to progress to their limit of 370 lbs. (Note: Chuck was answering a question I asked in reference to an article he wrote for MuscleMag International titled: Increase Your Bench? “I thought you would never ask” by Chuck Sipes as told to Mike Newton. I am including a paraphrased version of the article at the conclusion of this communiqué).

I know you can accomplish this goal with hard work.

I have not started the nutrition tape yet. I have been just so very busy! Even though I have been on vacation, I have been painting the outside of the house and training hard, also I have been doing an oil painting of Yosemite.

I felt there was no hurry on the nutrition tape because you would be feeling out the response first on some of the other tapes. I will be doing a seminar at a contest at Al’s gym in July and if any of the tapes are ready I may be able to sell a few at the seminar. My training is going well and my shape is the best it has been in a long time. I really enjoy training hard in the summer months. My best wishes to you Dennis.

As Ever,

Chuck
The late Chuck Sipes, former IBBB bodybuilding super-star, used to recommend the following routine for people who were experiencing a standstill on bench press gains. It was not uncommon for individuals to add 50 to 75 pounds onto their previous best bench press after using this program. This is the program Chuck used to get his bench up to 570 for a single and 6 reps with 520 pounds. This was accomplished without the assistance of a bench shirt or elbow wraps and at a bodyweight of 220 pounds.

The first exercise is the standard version of the bench press. Start off with around 135 and do two warm-up sets of at least 8 reps. It is very important to warm up the area thoroughly since we are going to work out using very heavy weights. An improperly warmed-up muscle is subject to injury. So warm up properly, after all our purpose is to build strength, not to get hurt.

Next, choose a weight that you can properly handle for 6 good reps. The weight should be heavy enough to make you fight for those 6 reps, but not so heavy as to become overbearing. A good rule to follow is to choose a weight that you could possibly do two more reps than you are supposed to do, with the exception of the last few sets where we will be using a weight that permits us to really work to get the desired number of reps. Do two sets with this weight.
Now raise the weight to the amount that will enable you to do two sets of 4 reps. After completing these sets raise the weight to one allowing two sets of two reps. After completing this do your maximum weight for sets of one reps. Usually, he would do two sets with his max, and never more than three sets.

Before moving along in the routine, I feel that it is important to discuss training style a bit. Excessive arching and bouncing should be avoided. However, a certain amount of arch will always help your lifting. If you never arch, your strength will increase at a much slower pace. A little arching will help you use a weight for more reps than you would be capable of doing normally. Eventually, you will be able to do more reps strictly than you once were doing with an arch. When this happens you increase the weight and start over again. So arch moderately, but don’t bounce the weight off your chest. Bouncing only causes injury, so avoid it.

After completing benches, you now move to mid range pin push offs. Using a power rack, place the pins about six inches off your chest. Placing the bar cross the pins, do 2 sets of 6, 2 sets of 4, and 2 sets of 2, while increasing the weight each time. At first this exercise may seem a bit awkward, but after a workout or two you will become accustomed to it. This exercise will go a long way toward increasing your power.

Now set the pins about five or six inches from the lockout position. Proceed in doing 2 sets of 4 reps. Then increase the weight and do 2 sets of 2 reps. These are very important because they build your strength in the lockout position. Many trainees are weak in this area and lockouts will help your bench tremendously.

Finally, place the pins about 1 inch lockout. These are called supports and you will be able to use very heavy weights. Supports enable you to get used to holding very heavy weights. So heavy that they would be impossible for you to bench, at least for the time being.

The Chuck Sipes Bench Press Schedule

1. Supine Bench Press
   - 2 sets/6 reps
   - 2 sets/4 reps
   - 2 sets/2 reps
   - 2 sets/1 rep

2. Limited Mid-Range Supine Bench Press
   - 2 sets/6 reps
   - 2 sets/4 reps
   - 2 sets/2 reps

This exercise’s starting position begins 4-6 inches off the chest and is pressed to a full lock-out position each and every rep.
3. **Supine Bench Press Lockouts**

   - 2 sets/4 reps
   - 2 sets/2 reps

   This exercise’s starting position begins 1-2 inches from lockout position and is pressed to full lockout each and every rep.

4. **Heavy Supports - Lockout Bench Press Position**

   - 4 sets/10 seconds

   Support the barbell at arm’s length beginning at 5 seconds per set and working up to 10 seconds per set before adding poundage.

Use a power rack and a competent spotter on this bench press schedule! On exercises 1, 2, and 3, add poundage and decrease the repetitions every 2 sets. Follow this program 1-2 times per week on nonconsecutive days.
Dear Dennis:

I have just returned home from Nevada and read over your letter. Thank you for sending the letter to the Director. When Rue (Snodgrass) did the courses (I had asked Chuck how he got his courses published such as the one mentioned in Communiqué No. 32) for me we had the following arrangement as I remember. He did the printing and set up etc. and I did the writing. He took half the profits and I took half. He sent me a bunch of the courses for my own use. It has been a long time ago and I am sure I did not pay him anything out of my pocket. I have listed some things I learned for myself over the years being in the gym business (Note: I had asked Chuck about some of the SECRETS OF RUNNING A GYM).

1. There is no money in the die hard bodybuilders.
2. Women are at least half the profits.
3. Business Men – Athletes are good.
4. Only about 10% really stay with it.
5. You will always have a big turnover.
6. Students like a lot of attention.
7. Women like group types of exercise classes.
8. Self improvement contests are good with prizes.
9. Selling health foods and attire is profitable.
10. Printed up diets save a lot of work. Students want them but never follow them.
11. Change their schedules every 4 weeks if they need it or not. It keep their interest.
12. College students make good instructors – they are trainable.
13. It is good to always have a floor person out in the gym helping students.
14. Advertising never really paid off for me. Word of mouth worked best for me. Members bringing in friends etc.
15. To get initial members you must advertise when the gym or club first opens.
16. If you are running a place the people want you there!
17. You need to give students a lot of encouragement.

Have a good Holiday!

Chuck Sipes

End of the Chuck Sipes Direct Training Communiqués to Dennis B. Weis
14-GUIDING TRAINING MAXIMS
THAT I LEARNED

FROM CHUCK SIPES

At the beginning of this e-report I mentioned that for a span of 15 years I was an ecstatic user of Chuck Sipes intensive strength and physique contest preparation methods. Though not always revealed in the 35 Direct Training Communiqués presented here, Chuck shared with me privately many of his Guiding Training Maxims regarding the hardcore approach to bodybuilding. Here are 14 of the Guiding Training Maxims That I Learned From Chuck Sipes and in no particular order of primary importance.

1-WORKOUTS SHOULD BE ENJOYABLE, A RELIEF FROM DAILY TENSION-A WAY OF LIFE-NOT PRISON!

2-THOUGH NOT INCLUDED WITHIN THE ANY OF THE DIRECT TRAINING COMMUNIQUES CHUCK ALWAYS RECOMMENDED DOING NECK WORK TWICE PER WEEK. HIS EXERCISE PREFERENCES INCLUDED NECK BRIDGES ON THE MAT AND THE USE OF A NECK STRAP. THE NUMBER OF SET AND REPS RANGED BETWEEN 5-7 AND 15 TO 30 RESPECTIVELY.

3-DO RUGGED WORKOUTS AND FOR INDUCING STRENGTH KEEP THE REPS DOWN TO 8 OR LESS WHICH WILL ALLOW THE USE OF MASSIVE POUNDAGES RESULTING IN THE MAXIMAL DEVELOPMENT OF TENDON AND LIGAMENT STRENGTH. CHUCK SAID THAT “TENDON AND LIGAMENT STRENGTH IS MORE IMPORTANT THAN JUST PLAIN BODY WEIGHT FOR STRENGTH AND POWER.”

4-MUST TRAIN NO LESS THAT 4 TIMES A WEEK!
5-REST IS OF VITAL IMPORTANCE. YOU MUST HAVE AT LEAST 10 HOURS OF SLEEP A NIGHT.

6-PUT MAXIMUM EFFORT INTO EACH SET, NEVER HOLDING BACK FOR ANOTHER SET OR EXERCISE.

7-FORCE YOURSELF TO ADD AS MUCH WEIGHT AS POSSIBLE TO THE DUMBBELS AND BAR AND CONTINUALLY PUT MORE AND MORE WORK LOAD ON THE BODY.

8-DEEP FORCED BREATHING IS AN ADJUNCT TO BUILDING A RESERVE OF STRENGTH. TO GAIN LUNG SHATTERING POWER AND STAMINA CHUCK RECOMMEND HIGH REP BARBELL BACK SQUATS FOR 3 SETS OF 20 REPS WITH DEEP FORCED BREATHS BETWEEN REPS. THIS WAS COMBINED WITH STRAIGHT ARM BARBELL PULLOVERS FOR 4 SETS OF 15 REPS

9-A RAPID PACE OF EXERCISE, WHILE USING HEAVY WEIGHTS AND CHEATING MovEMENTS TENDS TO INDUCE STRENGTH. CONCENTRATION MOVEMENTS WITH STRICT FORM AND LIGHT POUNDAGES TEND TO PRODUCE GREATER MUSCLE GROWTH.

10-DIET IS IMPORTANT-CONSUME A GREAT DEAL OF MEAT, SALAD AND MILK (at least 3 and sometimes 4 quarts a day), VERY LITTLE BREAD AND NO SWEETS.

11-DAILY SUPPLEMENTS SHOULD INCLUDE HIGH POTENCY VITAMINS (A, C and E), WHEAT GERM OIL, PAPAYA ENZYME TABLETS, HIGH PROTEIN POWDER, RAW PEANUTS, SUN FLOWER SEEDS AND BREWERS YEAST.

12-THE MENTAL ATTITUDE IS MOST IMPORTANT. PAY FULL ATTENTION TO WHAT YOU ARE DOING. DON’T LET YOUR MIND WANDER TO OTHER THINGS. CONCENTRATE ON THE MUSCLE AREA YOU ARE WORKING AND WHAT YOU ARE TRYING TO ACCOMPLISH. THE IMMORTAL TOMMY KONO MENTIONED ONE TIME TO CHUCK WHEN THEY WERE TRAINING AT (BILL) PEARL’S GYM IN SACRAMENTO, CALIFORNIA, “YOU KNOW CHUCK, LIFTING A RECORD POUNDAGE IS 50% BEING IN TOP PHYSICAL CONDITION AND 50% CONCENTRATION.”

13-MAINTAIN A RELAXED ATTITUDE AT ALL TIMES WHEN NOT WORKING OUT.

14-ABOVE ALL DO NOT NEGLECT YOUR SPIRITUAL LIFE.
Special Bonus #1

Rediscovered! The Private Firepower Workout Journal of...Chuck Sipes

Before there was such an approach as “hardcore” by name...there was a name synonymous for really hard result producing workouts...it was Chuck Sipes. Here are three of his physical force workout protocols taken from one of his private workout journals. Enjoy!

Protocol-I
Training for Strength

No. 1
Mondays and Thursdays

- Jump Rope 3 X ½ Minute
- Full Barbell Back Squats 4 X 8, 4
- 2 sets/8 reps, 2 sets/4 reps, 1 set/1 rep 1 X 1
- Conventional Dead Lifts 4 X 4
- 2 deep breaths between each rep
- Barbell Bench Press 8 X 6, 4, 2, 1
- 2 sets each, light to heavy
- Cheating Barbell Curl 5 X 4
- Scott Preacher Curls 5 X 8
- Seated or Lying French Press (Bar) 5 X 8
- Reverse Curls (E-Z Bar) 3 X 8

No. 2
Tuesdays and Fridays

- Heavy Supports: Bench Press Position 4 X 5-20 Sec
- Heavy Supports: Barbell Back Squat Position 4 X 5-20 Sec
- Heavy Quarter Barbell Back Squats 3 X 10
- Barbell Press behind Neck 3 X 6
- Barbell Bent-Over Rowing 2 X 8
- Barbell Shrugs 2 X 8

Rest on Wednesday, Saturday and Sunday.
These days are ones where I completely relax.
# Protocol-II
## SSM System
### (Size-Shape-Muscularity System)

**First Two Weeks of Training**
**Monday and Thursday:**
**Morning:**

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets</th>
</tr>
</thead>
<tbody>
<tr>
<td>Conventional Dead lift</td>
<td>4 X 4</td>
</tr>
<tr>
<td>2 deep breaths between each rep</td>
<td></td>
</tr>
<tr>
<td>Full Barbell Back Squats</td>
<td>4 X 6</td>
</tr>
<tr>
<td>2 very deep breaths between each rep</td>
<td></td>
</tr>
<tr>
<td>Barbell Bench Press</td>
<td>8 X 6, 4, 2, 1</td>
</tr>
<tr>
<td>2 sets each, add weight and drop reps</td>
<td></td>
</tr>
<tr>
<td>Barbell Shrugs</td>
<td>4 X 8</td>
</tr>
</tbody>
</table>

**Afternoon or Evening:**

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cheating Barbell Curl</td>
<td>4 X 4</td>
</tr>
<tr>
<td>Scott Preacher Curl</td>
<td>4 X 10</td>
</tr>
</tbody>
</table>

*Alternate these (2) exercises-one then the other*

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parallel Bar Dips</td>
<td>3 X 10</td>
</tr>
<tr>
<td>Full (all the way down)</td>
<td></td>
</tr>
<tr>
<td>Pull-ups behind Neck</td>
<td>3 X 10</td>
</tr>
<tr>
<td>(wide grip)</td>
<td></td>
</tr>
<tr>
<td>Incline Sit-ups</td>
<td>3 X 20</td>
</tr>
<tr>
<td>Leg Extensions (Machine)</td>
<td>2 X 12</td>
</tr>
<tr>
<td>Leg Curls (Machine)</td>
<td>2 X 12</td>
</tr>
</tbody>
</table>

**Tuesday and Friday:**
**Morning:**

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets</th>
</tr>
</thead>
<tbody>
<tr>
<td>Incline Barbell Press</td>
<td>4 X 6</td>
</tr>
<tr>
<td>(very wide grip) touch chest high</td>
<td></td>
</tr>
<tr>
<td>Barbell Bent-arm Pullovers</td>
<td>3 X 8</td>
</tr>
<tr>
<td>Flat Bench Dumbbell Flyes</td>
<td>3 X 8</td>
</tr>
<tr>
<td>Heavy Quarter Barbell Back Squats</td>
<td>4 X 8</td>
</tr>
</tbody>
</table>

**Afternoon or evening:**

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets</th>
</tr>
</thead>
<tbody>
<tr>
<td>Seated One-Dumbbell Triceps Extension</td>
<td>4 X 8</td>
</tr>
<tr>
<td>Barbell French Press (lying or seated)</td>
<td>4 X 8</td>
</tr>
</tbody>
</table>

*Alternate these (2) exercises-one then the other*
Standing Dumbbell Lateral Raises 2 X 10
Standing Dumbbell Front Raises 2 X 10

Alternate these (2) exercises—one then the other

Reverse Curls (E-Z bar) 4 X 10
elbows in
Standing Heel Raise (Calf Machine) 4 X 20
(20 slow reps then burn for 20 fast reps)

Wednesday:
Jog ½ mile

Saturday and Sunday (rest days):
I rest and enjoy other interests. Completely forget about training and do something different I enjoy doing.

Second Two Weeks of Training
Monday and Thursday:
Train once a day, either in morning or evening.

Barbell Back Squats 6 X 8, 4, 1
2 sets each, add weight and drop reps
Conventional Dead lifts 4 X 4
2 breaths between each rep

Barbell Bench Press 8 X 6, 4, 2, 1
2 sets each, add weight and drop reps
Barbell Bent-arm Pullovers 4 X 8
(stretch and use heavy poundage)

Cheating Barbell Curls 4 X 4
Dumbbell Seated Concentration Curls 4 X 12

Alternate these (2) exercises—one then the other

Lying Barbell French Press 6 X 4
elbows high, touch forehead

Tuesday and Friday:
Train once a day

Warm-Up (skip rope) 4 X ½ Minute
Barbell Press behind Neck 2 X 15
Barbell Shrugs 2 X 10
Scott Preacher Curls 2 X 15
Lying Triceps Bar Kickback or Extension 2 X 10
Parallel Bar Dips 2 X 10
Incline Sit-ups 2 X 25
Lat Machine Pulldowns 2 X 25
Leg Extensions (Machine) 2 X 15
Leg Curls (Machine) 2 X 15

Wednesday: Jog one mile
Saturday and Sunday: Rest

A fortress of power...Chuck pressing a dumbbell over head during a very rugged workout at Tom Minchiello’s Mid-City Health Club in Brooklyn, New York in the late 1960’s

Protocol-III
Massive and Ethereal Program
(Innovative 1 & 2 Rep System)

No. 1

Barbell Press behind Neck 4 X 2
Front Raise with Barbell 4 X 10

Alternate these (2) exercises-one then the other

Barbell Bench Press 4 X 1
Barbell Straight-arm Pullover 4 X 12

Alternate these (2) exercises-one then the other
<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cheating Barbell Curls</td>
<td>4 X 1</td>
</tr>
<tr>
<td>Scott Preacher Curls</td>
<td>4 X 12</td>
</tr>
<tr>
<td><strong>Alternate these (2) exercises-one then the other</strong></td>
<td></td>
</tr>
<tr>
<td>Conventional Dead lifts</td>
<td>4 X 2</td>
</tr>
<tr>
<td>Front Bends (with broomstick behind neck)</td>
<td>5 X 12</td>
</tr>
<tr>
<td><strong>Alternate these (2) exercises-one then the other</strong></td>
<td></td>
</tr>
<tr>
<td>End-of-the-bar-Lat Rowing</td>
<td>4 X 2</td>
</tr>
<tr>
<td>Described on page 16 of my e-report titled:</td>
<td></td>
</tr>
<tr>
<td>Gaining Muscular Size &amp; Strength for A Championship</td>
<td></td>
</tr>
<tr>
<td>Physique “Chuck Sipes Super-Seminar”</td>
<td></td>
</tr>
<tr>
<td>Lat Machine Pull downs</td>
<td>4 X 15</td>
</tr>
<tr>
<td><strong>Alternate these (2) exercises-one then the other</strong></td>
<td></td>
</tr>
<tr>
<td>Lying Barbell French Press</td>
<td>5 X 2</td>
</tr>
<tr>
<td>Triceps Machine Push Downs</td>
<td>5 X 15</td>
</tr>
<tr>
<td><strong>Alternate these (2) exercises-one then the other</strong></td>
<td></td>
</tr>
<tr>
<td>Barbell Back Squats</td>
<td>4 X 2</td>
</tr>
<tr>
<td>Leg Extensions (Machine)</td>
<td>4 X 15</td>
</tr>
<tr>
<td><strong>Alternate the above (2) exercises-one then the other</strong></td>
<td></td>
</tr>
<tr>
<td>Standing Calf Machine Heel Raises</td>
<td>4 X 2</td>
</tr>
<tr>
<td>Heavy weights</td>
<td></td>
</tr>
<tr>
<td>Body-weight Only Heel Raises</td>
<td>4 X 20</td>
</tr>
<tr>
<td><strong>Alternate these (2) exercises-one then the other</strong></td>
<td></td>
</tr>
<tr>
<td>Barbell Shrugs</td>
<td>4 X 8</td>
</tr>
<tr>
<td>Reverse Curls (E-Z Bar)</td>
<td>4 X 8</td>
</tr>
<tr>
<td>Incline Sit ups</td>
<td>4 X 20</td>
</tr>
</tbody>
</table>

**Note:** Two bars were loaded (heavy & light) for the alternated exercise system. This way I was able to go from the heavy set to the light pumping set in one continued operation without any delay.
Special Bonus #2

Feats of Strength Revealed!

In this Robert Kennedy photo, Chucks creates a dynamic and Herculean impression as he begins to bend a length of extra heavy steel rebar (designed with reinforced ridges to prevent it from being bent).

During the course of his professional bodybuilding career Chuck Sipes used to perform authentic FEATS OF STRENGTH on stage with dynamic results after his posing routine at a bodybuilding competition. His huge hulked out floating atomic bomb muscles literally exploded with excitement as he demonstrated how to...

...BEND STEEL REBAR BETWEEN THE TEETH!
...BURST A HOT WATER BOTTLE!
...LIFT THE FRONT END OF A FORD RANCHERO!
...TEAR A DECK OF PLAYING CARDS!
...DRIVE SPIKES THROUGH A PLANK!
...BEND A 60-PENNY SPIKE!

One of the most incredible FEATS OF STRENGTH which would thrill and amaze the audience was when he would break a steel jack chain with his
Here in Chucks own words are how he would prepare and perform this trademark FEAT OF STRENGTH.

“The breaking of a chain in my bare hands isn’t accomplished by shear strength – although without it I wouldn’t get very far. I apply my full concentration to this feat. My mental attitude is completely channeled towards the objective of breaking the chain; thus, (with every ounce of strength I can muster up) it’s physical power over material form.”

“To begin this feat I get a chain about 36” in length and fabricated of heavy gauge steel. You should begin with very light chains and work up to heavier ones as you increase your strength and ability to break them.”

“I first wrap a cloth or handkerchief around my hands to protect them from being injured by the chain when I apply my full force. Then I lay one end of the chain across my palm and back around the hand and through the palm again, then out over the thumb.”

“This same procedure is repeated with the other hand and the remaining end of the chain. I leave a little over a foot of chain between my hands. If I leave too much chain I can’t get enough pull through the chest, back and shoulders because the hands will be out of the maximum strength range.”

“Now I lock my thumbs around the chain tightly. My left hand becomes a vise holding the chain in place while my right hand maintains a continued pull. I hold my left arm down to my side with only a slight bend in the elbow joint.”
To see Chuck Sipes break a steel jack chain apart with his hands was to witness super-human strength in action!

“I must be certain that the chain does not slip through the hands when my full power is exerted. This is where the hand and gripping strength are most important. If the chain slips the full stress of the pull will not be brought to bare on the links and I will use up my strength. My feet are placed well apart for good balance.”

“Now is the time I begin my concentration. Every muscle of the body comes into play. I’m tensed completely. Then slowly the pull is started, bringing all my strength into use. When my application of power is at the peak I turn my hands slightly to put full pressure on all the links, searching for that weaker link. At times none of the links will break after my first great pull, so I ease off slightly and then put my full effort again into the pull. The point of the greatest stress seems always to be where my left hand is holding the chain in the vise-like grip. A link in the chain is invariable broken near that point and when it does break I find myself shaking from the sudden release of tension and maximum concentration that I had build up to such a great peak during the sustained effort.”

“Remember to tighten your grip throughout the entire pull to add greater power to the stress being exerted on the chain.”
“The breaking of chains involves your whole body and mind as one unit applying itself to one purpose until the chain is conquered.”

“At this point I would like to share with you a workout that I follow for a number of months to increase the strength in my arms and hands.”

1. Barbell Reverse Curl (E-Z Bar) 4 sets/10 reps
2. Expander Cable Reverse Curl 4 sets/10 reps
3. Secret One-Dumbbell (palm up) Wrist Curls 4 sets/10 reps
   Refer to Communiqué No. 21 for a description
4. Cheating Barbell Curl 4 sets/10 reps
5. Lying Barbell French Press 4 sets/8 reps

Also I enjoy squeezing hand grips and compressing a rubber ball with my hands. Concentrate on a deep contracted squeeze, putting full effort into each movement. I have found 6 sets of 20 reps for each hand to be of the greatest benefit to me.”
Chuck Sipes bending a 60-Penny Spike
BUILD MONSTROUS GUNS WITH THE SECRET ARM GROWTH PROGRAM!

By: Don Ross (Pro Mr. America)

The powerful arm development of the late Don Ross

In an effort to be up-to-date with current trends in bodybuilding, muscle publications often get carried away with bodypart routines extrapolated from the latest laboratory findings. Back in the 60s, the only laboratories conducting muscle building research were the gyms. The “scientists” were the champions who broke from the trends and truisms, experimenting with new techniques using their own physiques and those of their training partners. It’s ironic that with the MRI’s and electron microscopes analyzing muscle biopsies, today’s physiology researchers often run the full circle and find themselves contradicting their chic theories and coming to the exact same conclusions that bodybuilders in the 60’s discovered by means of experience.

One of the most innovative power bodybuilders, who improved on methods of building huge, rock-hard muscle and phenomenal strength was Chuck Sipes. Winner of the ’59 Mr. America and ’60 Mr. Universe titles, he made an amazing comeback in 1966 to take on Larry Scott for the Mr. Olympia title. At that time, he brought his bodyweight from a solid 190 with around 18” arms, to 220 rippling pounds with arms close to 20”. Those were balanced arms with high peaks, huge granite forearms, and the most powerful triceps, capable of performing 570-lb. bench presses in strict form. That combination of size, definition, and power wasn’t duplicated by other until years later with the help of mega-doses of anabolic drugs.

The untimely death of Chuck Sipes in the spring of ’93 was a heart-rending loss to the bodybuilding world. Though he had written articles in the Weider magazines about his training, he shared his best training secrets with just a few of his disciples. He told me the last time I spoke to him that he had planned to eventually put these “secrets” in a book which, alas, he never got to write.

I corresponded with Sipes by mail and by phone from the mid-60’s as a young teenage muscleblaster, to the mid 80’s. We shared our bodybuilding discoveries with each other. One day, I came out and asked him for the exact program he used to make
those amazing gains in arm size. He mailed me the routine, which I still keep between
the pages of his booklet, “Training For Strength”. After using it, I also made some
remarkable progress in power and muscle density.

It would have been regrettable had he taken this secret to the grave. As a final tribute
to this great man, and as a gift to my readers who request information on building the
hugest, most ripped and powerful arms possible, I present Chuck Sipe’s secret arm
routine...

CHUCK SIPES
SECRET ARM GROWTH PROGRAM!

Monday and Thursday
BICEPS, FOREARMS
1] CHEAT BARBELL CURLS – 8 SETS OF 8,4,2,1 (2 sets each)
2] PREACHER BENCH CURLS – 6 SETS OF 4
3] DUMBBELL CONCENTRATION CURLS – 4 SETS OF 8
4] BICEP CHINS – 4 SETS OF 6
5] BARBELL (PALMS UP) WRIST CURLS – 4 SETS OF 25
6] STANDING BARBELL REVERSE CURLS – 4 SETS OF 8

Tuesday and Friday
TRICEPS
1] SUPINE BARBELL BENCH PRESS – 8 SETS OF 8,4,2,1 (same as power curls)
2] DUMBBELL TRICEP PRESS – 6 SETS OF 6
3] TRICEPS PUSHDOWNS – 4 SETS OF 12
4] WEIGHTED DIPS – 4 SETS OF 4
Day 1 and 4

Power Curls. Begin with one or two light warm-up sets. Take an Olympic bar and put a weight on that you can do 4 or 5 strict reps with. Curl it up, using a fast, explosive movement. Hold it at the top for a half second, then lower slowly. As the exercise gets harder, use your body momentum to swing the bar up. Hold at the top as you did before, and lower slowly until 8 reps are completed. Rest for a full minute, then take the same weight and do 8 reps again, cheating for as many reps as necessary to complete the set. Add weight to the bar and do two sets of 4 reps. Do this twice more for two sets of 2 and two sets of 1. Really control the return movement on the final set!

Preacher Bench Curl. Use the angled preacher bench and an EZ curl bar. Take the wide grip on the bar. Use a weight you can do 6 reps with, but only do 4. Add weight and do 4 more reps. Do this the third time, then take a little longer rest. Repeat this for three more sets using a narrow grip. To keep from hyperextending and injuring your elbows, don’t come all the way down on these. Keep the tension at the bottom. As the reps get harder, you can take a couple breaths at the top of the movement, giving you a “rest/pause” effect.

Concentration Curls. Take a dumbbell of moderate weight and sit on the edge of the bench. With your legs apart, brace your upper arm against the inside of your thigh. Start with the arm that needs the most work. If you’re right handed, start with the left side. Vice versa for lefties. Leaning forward, curl the arm slowly all the way up, concentrate on contracting the muscle. Lower slowly. Do 8 reps, then repeat with the other arm. Try to use the same weight for all four sets. You can use the other hand to give yourself forced reps to complete the set. If it gets too heavy, use a lighter dumbbell for the final set or two.

Biceps Chins. While chins aren’t usually classified as a biceps builder, this version along with this routine will bring out that peak. Space your hands about six inches apart on a chinning bar, palms toward you. Pull your body up and elbows back until your hands clear your chin. Hold for a half second, flexing the biceps, then lower slowly. Do four sets of 6 reps. Have a partner assist you by holding your feet if you can’t do a full 6 reps on the final sets.

Wrist Curls. One of the most impressive aspects of Sipe’s physique was his gigantic forearms balancing his upper arms. You don't see too many bodybuilders with great forearm development today.

Sit on the edge of a bench holding a fairly light barbell palms-up. Place your forearms on your thighs with your wrists parallel with your knees. Lower the bar toward the floor. Let the bar roll down to your finger tips.
Clench it back in your hands, and curl your wrists as far forward as possible. Do 4 sets of 25 or as many reps as possible.

**REVERSE GRIP CURL.** This exercise builds the brachialis, the muscle between the biceps and triceps which thicken the arm when viewed from the top. It also puts a finishing pump on the brachioradialis of the forearm.

Take a shoulder width grip on a barbell of moderate poundage. Curl the bar to your chest. Do a set of 8 reps. Keep adding weight for each of 4 sets. If you reach a poundage you can’t do a full 8 reps with, decrease the weight for the final sets.

**DAYS 2 AND 5**
Warm your elbows up with some light dumbbell kickbacks, then proceed to the first exercise...

**FRENCH PRESS.** Lie face-up on a bench. Take a narrow grip on an EX curl bar and hold it overhead. Lower it to your forehead, keeping your elbows high. Straighten your arms to a lockout. Start with a weight you can do about 10 reps with, but stop at 8. Either add weight or use the same poundage and do a second set of 8. This time, the final rep should be very hard. Add weight and do a set of 6, then a set of 4. Add still more weight for two sets of 2 and two sets of single reps. You may want a spotter to assist you on the final set. Always lower the weight slowly. This is the best size-builder of all, especially when combined with the next triceps blaster...

**DUMBBELL TRICEPS PRESS.** Hold a dumbbell in both your hands. Raise it above your head. Lower your head so you don’t clonk yourself. Keeping your elbows high and close to your head, lower the weight behind your head. Now bring it back up, locking your elbows. Again, always lower the weight slowly. Increase the poundage with each set, doing six sets of 6 reps. You may want to go down in poundage for the final set or two if necessary.

**TRICEPS PUSHDOWN.** Attach a short bar on an overhead pulley. Begin with a weight you can do for 12 reps. Keeping your back straight and your arms against your sides, raise the bar all the way up, then push down to lockout. Keep the cable in front of you. Don’t lean forward. Use the same weight for a second set of as many as possible. Decrease the poundage and do two more sets of 12.
WEIGHTED TRICEPS DIPS. These should be done on the v-dipping bars or if your gym has dipping bars you can flip over to bring them closer together, do so. This is different than a chest dip. Keep your body relatively straight, elbows back. With a dumbbell or plate fastened to your waist with a weight belt, lower all the way, then push back up to lock your arms to the top. Flex your triceps at the lockout. Do eight sets of 4 slow, deliberate reps. As you add poundage, increase the speed of movement on the way up (explosive positives). At the conclusion of this work-out, your triceps will stand out like giant semi-circles of iron.

Stay on this routine for two or three months. Try to increase your poundages on all these movements whenever possible. When those arms get so big, you have to squeeze them into your shirt, look up at the heavens and thank the man who left this routine and these results to remember him by...”The Great Chuck Sipes!”
Highly Recommended Reading:

CHUCK SIPES
“Mr. America,” “Mr. Universe,” “Mr. World”
Bodybuilding Courses

Booklet 1: How to Plan Your Bodybuilding Training – Plenty of frank and important training ideas and discussions for planning your own bodybuilding routines.

Booklet 2: Preparation for Physique Competition – Getting ready begins many months in advance. Details on diet, exercise, posing, to aid you in winning tough contests.

Booklet 3: Training for Strength – Super strength takes a certain kind of training. Here is a complete program telling how I developed my Herculean strength and physique.
Booklet 4: How to Perform Feats of Strength – You can learn how to perform the very same amazing strongman feats of strength that I do myself at shows all over the world.

Booklet 5: Chuck Sipes Photo Album – Learn posing ideas from beautiful photos that tell their own stories; a picture is worth a thousand words. A great souvenir photo album!

Booklet 6: About the Man-Chuck Sipes – Read a biography about the man, Chuck Sipes – his life, his climb to the top, his family, and many other interesting highlights.

The above 6 titles are no longer available in hardcopy but when you order both of the Audio/CD’s, listed on the following pages, I will send the 6 books to you in an eBook format on a data CD absolutely **FREE**!!!
ANNOUNCING...
BODYBUILDING
TRAINING SECRETS
ON AUDIO/CD

During the past 20+ years, I have recorded audio interviews with many of the legendary champions of bodybuilding and power lifting. One of my all time favorite interviews though is with bodybuilding’s original Iron Knight, Chuck Sipes.

Free-fall through the mind of this champion as he speak to you -- personally and frankly -- revealing his "inner secrets" of how he entered into the Maximum Growth Zone of training and nutrition.

Audio/CD Program #1 – Training for the IFBB Mr. World:

The late Chuck Sipes was an IFBB Mr. America, Mr. Universe, and Mr. World winner and a Mr. Olympia competitor back in the 1960s. Chuck was not only an elite contest-winning bodybuilder but also a dynamo of super-human strength. He used to thrill audiences by doing exhibition bench presses with nearly 600 pounds (with no support gear such as bench shirts, etc.) at a muscular bodyweight of nearly 220 pounds. This was unheard of among elite bodybuilders back in the 1960s.

This “living sound” audio/CD interview focuses on the one-year inside training and nutritional secrets that Chuck used in his preparation to enter and win the 1968 IFBB Mr. World contest. You'll hear Chuck speak in candid detail about the triple-split Push/Pull workout and the Double
Pyramid Rep Schemes and the measured movement Support Training he used to achieve the ultimate in size, shape, and muscularity.

This 50+ minute raw, uncut, no-frills "tell-all" program is only $19.95 postpaid. Foreign orders please add $7.00 for shipping. Please allow 1-2 weeks for shipping.

**Audio/CD Program #2 - Chuck Sipes One Year Ab Specialization Program and Expander Cable Training Information:**

This 60-minute audio program is only $19.95 postpaid. Foreign orders please add $7.00 for shipping. Please allow 1-2 weeks for delivery for the audio programs.

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