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# Vince Gironda

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Vince's Six Week Bulk Course  
The Vince Gironda Workout Bulletin - 1st Edition  
Definition: High Tech Supplements!  
Muscle, Smoke & Mirrors  
Build Your Shoulders the Vince Gironda Way  
Gaining Muscle Size and Density  
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Eating the Vince Gironda Way  
Convinced  
Vince Gironda Master Series Updated 2025  
Keys to the Inner Universe  
Balanced Arms  
6 Week Abdominal Course  
Training and Eating the Vince Gironda Way  
The Poliquin Principles  
The Vince Gironda File Volume L  
Vince Gironda's Legend & Myth  
Franco Columbu's Complete Book of Bodybuilding  
Building The Classic Physique  
Unleashing The Wild Physique  
Eating the Vince Gironda Way  
Invincible  
Vince Gironda's Master Series I-XII - 1 Year  
Workout  
Draw Me a Gironda

Build Your Back the Vince Gironda Way  
Living Large  
Buff Daddy  
A Muscle Has Four Sides  
West Coast Bodybuilding Scene  
The Sissy Squat  
Brother Iron, Sister Steel  
Vince Gironda's Blueprint for Body Builders  
Training the Vince Gironda Way  
The Vince Gironda File Volume II  
Vince's Secret Locker Artistic Enhanced Volume 1  
The Pro Series of Nutritional Bodybuilding

*Vince  
Gironda*

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## **RACHAEL COLLINS**

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### **Vince's Six Week Bulk Course**

Greg Sushinsky  
Do you want to know why so many people are drawing pictures of Vince Gironda? Who was the man they called the Iron Guru, and what can a picture of him tell you about the personality of the artist who drew it? The answers to these vital questions are

contained in Draw Me a Gironda (not to be confused with Draw Me a Gorilla), the third book in the smash series, Raw Egg Nationalist Presents. Learn about the amazing life and ideas of the man who trained the first Mr Olympia, Larry Scott and a who's who of classic bodybuilders, including Arnold, Frank Zane, Don Howarth and Lou Ferrigno. As well as a detailed biography in the style of Raw Egg

Nationalist's last book, *Three Lives of Golden Age Bodybuilders*, this new book contains an in-depth discussion of Vince's signature exercises, routines and diets, so that you can add some Golden Age class to your own workouts. *Draw Me a Gironda* also includes over a dozen examples of real-life Girondas the author received from young women he encountered on his Quixotic, and sometimes quite terrifying, journey through the world of modern dating. The art of interpreting Girondas will be revealed to you, and you will have a chance to draw and interpret a Gironda of your own. The ultimate personality test, *Draw Me a Gironda* is the book everybody is

talking about!

**The Vince Gironda Workout Bulletin - 1st Edition** Greg

Sushinsky

The biggest problem for a lack of definition How to use breathing to create an incredible muscle pump The exercise that allows you to maintain constant tension on the lats for mind-blowing results The exercise that isolates the outside head of the biceps like no other The fastest way to develop the outside head of the deltoid The MAXIMUM DEFINITION diet The food that naturally increases metabolism

**Definition: High Tech Supplements!**

Greg Sushinsky

Vince Gironda—the name resounds throughout bodybuilding, still. This accomplished

bodybuilder and master trainer left a wealth of ideas and methods on training and nutrition that still has relevance today. Though many of Vince's concepts are known, they're often not well understood. That's where this little book comes in. Originally written as two separate articles on Gironda's training and nutrition, they've been combined due to readers' requests. This modest volume of concentrated material gives a condensed introduction of Vince's principles on training and nutrition for beginning bodybuilders, yet there are also surprising insights on Vince's methods and ways to apply them even for advanced bodybuilders. This

handy guide takes you on a quick trip through Vince's methods of training, including some of the exercises he used and why he used them. Also featured is a unique physique analysis, which bodybuilders can apply to their own training. The nutrition section features clear explanations of Vince's dietary principles and how to apply them. There are also insights into the reasons for the exercises and diets. Rarely has Vince's material been tied together so clearly, so concisely, in ways that shows how to apply it. Natural bodybuilders especially will find this volume helpful. Anyone searching for better drug-free ways to train and eat will be able to apply these methods to their bodybuilding. The

author, an experienced natural bodybuilder and trainer, has spent years researching, using and experimenting with Vince's methods, and brings his insights to you in this book. Many advanced bodybuilders who are experts in the methods of Vince Gironda have praised this book as "a little gem." Get in on the Vince Gironda training and eating ways, right now!

Muscle, Smoke & Mirrors Ontarget Publications

Buff Daddy is a complete program for helping the family man stay in great physical condition while in the trenches of parenthood. Being a family man is an honor and takes total unselfish undying commitment. In order

to have a successful marriage a couple must balance their lives in accordance to their families needs, while still taking care of themselves. Raising a family is demanding and can wear you down physically and emotionally. One of the greatest things you can do for yourself and your family is to exercise. Exercise will help you keep up with the demands of parenthood and will keep you looking healthy and younger. Buff Daddy is a must have for anyone man who wants to have a great looking physique. Buff Daddy is a complete body building program. Here's What Is Inside: • The 6-month Buff Daddy Bodybuilding Plan • Over 80 exercises for getting Buff. • Conant's

12 Steps To Becoming a Buff Daddy • Buff Daddy Nutrition • Time Efficient workouts • Hotel Room Workouts for The Traveling Daddy • and much, much, more...

### **Build Your Shoulders the Vince Gironda**

**Way** Createspace Independent Publishing Platform

Bigger arms are the most desired physical quality of all guys. Unsatisfied with other training resources on arm development, Vince reveals the training and nutrition protocol he uses with the guys in his gym to maximize their biceps, triceps, and forearm size. In order to fully develop the arms, you need to have a complete understanding of the muscle function. Vince understood the exact

functions of the arm muscles and determined the precise exercises in order to ensure the muscle was appropriately hit from all angles. Since not paying attention to proper nutrition may run the risk of muscle loss, Vince completes this book with the exact nutrition guidelines you will need to follow if you want the best results from training. In this book, you will discover:- 13 brand new tips on achieving maximal arm growth  
 What to do on your 'off' days to increase arm size by 15%  
 What you should NEVER do when you mix protein?  
 What you should NEVER mix with your protein?  
 Bodybuilder's favorite meal for building muscle and stripping body fat  
 The real major

cause of cholesterol...and it isn't from eating a high-fat diet! The discovery by German scientists that reveals the secret for growing large muscles

### **Gaining Muscle Size and Density**

AuthorHouse

Franco Columbu's Complete Book of Bodybuilding is the distillation of his lifelong approach to building the body beautiful. It covers every aspect of what an increasing number of individuals are considering a lifestyle as well as a sport. This book includes:

- A basic health and fitness program
- Explanations of basic weight training equipment
- Training programs for various strategies and routines
- Bodybuilding for women
- Bodybuilding

for other sports • Prevention and treatment of sports injuries • Nutrition basics and food combining tips • Fully illustrated exercise glossary

Franco Columbu's Complete Book of Bodybuilding was written for non-competitive bodybuilders as well as competitive bodybuilders, who share the goal of achieving maximum results with their bodies in the least amount of time.

*Vince Gironda's Pro Series* Greg Sushinsky

This is the most complete and comprehensive writing on Vince Gironda...Ever! This is a must read for anyone interested in Vince Gironda. The "Iron Guru" was perhaps at his pinnacle of fame in

the “Golden Years” of bodybuilding, the 1960’s. During that time, Vince dominated the scene and Vince’s Gym, was known as the Mecca of bodybuilding. Not only champion bodybuilders trained at Vince’s Gym, movie stars were also regular visitors to seek Vince’s advice and training. People like Eric Estrada, Clint Eastwood, Clint Walker and many others. Hollywood studios used Vince and his gym to shape up their stars. This Updated eBook contains over 300 pages of text, drawings, and pictures in PDF format. It contains a wealth of information on and from Vince Gironda. There never has been, and presently there is nothing in existence, that can compare with

the Updated Vince Gironda Legend and Myth for information on his methods, and concepts.

*Training the Steve Reeves Way* Little Wolff Publishing Group

There is much confusion about the nutritional principles of legendary bodybuilding trainer Vince Gironda. In this short article, much of that confusion is cleared up. It features clear explanations of Vince Gironda’s nutritional approach and some ideas as to how to apply this to your own eating. It’s especially helpful for beginners, or those unfamiliar with Vince’s approach to nutrition, but there is also insight for more advanced bodybuilders. Many bodybuilders understand bits and



pieces of Vince Gironda's nutrition, but this article helps tie together the principles. Experienced bodybuilders who read this often gain a better understanding of how to apply Vince's ideas on nutrition to their own eating. Lots of great info packed into a few pages! This article is a little gem. Approximately 8 typed pages, 4000 words

Build Your Back the Vince Gironda Way

Critical Bench

Both an exercise program and a reference manual with a ground-breaking new treatise on bodybuilding and strength training.

The Saga of the Tijuana Barbell Club

Greg Sushinsky

Build Your Perfect Aesthetic Body! ---- A RETURN TO THE

GOLDEN AGE of BODYBUILDING. Vince Gironda Updated 2025 Master Series Bodybuilding Progress. You can be the next Champion! Measuring your progress is to figure out where you want to be. Following the Vince Gironda Updated 2025 Master Series 12 Volumes is the simplest thing to do and will get you in the best pre-competition shape of your life over a 16 month period. Ways to Track Your Progress. Progress is to figure out where you want to be... \*Mirrors and printed out photos. \*What people say? \*The way clothes fit. \*Write down and track everything meal, supplements, training and other useful notes. \*Body Mass Index - height and

weight formula that can't take into account body composition.\*Measuring your body using tape measure.\*Measuring body fat is only a measure of fat loss.Mirrors and printed photos.The first step on your Vince Gironda Master Series Workout progress is to place huge photos of Vince Gironda, on the walls of your gym or room. He will guide you and will be a reminder of what you will look like in NO Time. One of the easiest ways to measure progress as far as body composition (more muscle and less fat) is to look in the mirror or photos and to honestly assess what you see. Couple that with the way your clothes fit and you get a pretty fair idea of whether or

not you're getting anywhere. On top of that, remarks that people make about you, may reflect changes as well.Track everything.This book may be the way for you to keep track of everything meal, exercise and supplements and other notes.You do need to set some goals, both short and long term, and this is important even if you don't compete. It's important that you train hard enough to stimulate you and your training, and just as important - that you don't over-train and subsequently lose muscle and get discouraged.One thing that has kept me in good stead is keeping an accurate training log. In my log, I wrote down every rep and set I did for every workout.

I also wrote down my meals, supplements and some brief notes, for example, how I felt before training including if I was tired, if I had coffee, didn't feel like training, if I had a cold, or was injured, or ran into anything that might throw off the training for that day. The log should be by your side at all times while you're training, and one of the first things you should do after a training set is to mark down what you did. The training log is invaluable for setting up your training schedule and for finding out what works for you. It's also invaluable to figuring out how you're coming along and if you need to make any changes in your short and long term game plans. I

used to pour over my training log all the time, trying to figure out where I was going, comparing my present routine to past ones, and then figuring out if I needed to make some changes or just leave things as they were. If I was making good progress, I'd analyze the previous few months of training to see what it was that was working so well. And at times when my training stalled out, I'd look back again and see what it was that wasn't working and then comparing what I'd been doing to successful phases in the past. Remember, when you're training don't let anyone or anything distract you. Keep your workout short, under 45 minutes. The rest between Reps should

be 10 seconds. Hyperventilate. Leave all your problems at the gym or training room door because your sole purpose in life while you're training is to lift the iron the fastest way you can. Pump Iron - AL A Muscle Has Four Sides Createspace Independent Publishing Platform  
 Dave Draper, a former Mr. America, Mr. Universe, and Mr. World of the 1960s and 1970s, takes readers behind the scenes of bodybuilding to reveal the secrets of the training techniques, exercises, and nutritional strategies that combine to help bodybuilders achieve their ultimate fitness goals.

**Eating the Vince Gironda Way** Creators Publishing

SKINNY GUYS! If you've ever wanted to quickly build 30 pounds of rock-solid, shredded muscle without dangerous bodybuilding drugs, expensive supplements, and long hours in the gym—if you've ever wanted to Live Large—start reading immediately. Let's face it: You're tired. Tired of filling your body with bogus supplements that only give you the most expensive pee in town. Tired of busting your ass in the gym six days a week, only to find you're the same size you were last month and the other guys are twice as big. Tired of all the conflicting and mind-numbingly complex advice floating around in cyberspace. Before professional fitness

model Vince Del Monte became The Skinny Guy Savior, he was known as Skinny Vinny—scrawny and weak. As a "hardgainer," he experienced firsthand the challenges of bulking up and had a difficult time putting on muscle. But with his success in developing an enviably ripped physique—and helping many others do the same with his No-Nonsense Muscle Building and Maximize Your Muscle programs—Del Monte has proved even "hardgainers" can build an awe-inspiring body. You too can have the body of your dreams when you stop listening to false advice and learn the truth about gaining weight and building lean muscle mass—the

smarter way! In *Living Large*, Del Monte shares his foolproof, no-nonsense plan for insane muscle gain. His revolutionary program primes your body and mind to pack on your first 30 pounds of muscle in only 30 weeks, with minimal gym time. He even includes customized, easy-to-follow meal plans to optimally fuel your specific body type, whether you're ultra-skinny or starting off a little chubby. In *Living Large*, you'll find:

- 5 essential training principles to gain your first 30 pounds of pure muscle
- 5 muscle-building enemies you must avoid
- Mass and shred meal plans at every calorie level
- 14 simple, no-nonsense nutrition principles
- The ultimate exercise

execution  
demonstration guide -  
4 supplements that  
actually work Don't  
waste hundreds of  
hours and thousands of  
dollars with no results.  
Stop limiting yourself  
and start Living Large.

### Convinced

AuthorHouse

West Coast

Bodybuilding Scene is a trip through the most unforgettable years of bodybuilding following its humble beginning on the sands of Muscle Beach. The handful of restless musclemen lifting weights with enthusiasm and love catapulted the singular sport of biceps, muscle and might into the lives of admirers across the globe. The sport became a culture and these characters of amazing form and fortitude became its golden heroes. Author

Dick Tyler chronicled the innocent years when a thing of beauty unaware of itself matured. The material set forth on these pages once appeared as beloved gossip columns and features in Joe Welder's Mr. America and Muscle Builder magazines throughout the Colden Era, 1965-1971.

Packed with photos adorned with commentary captions by the Blond Bomber, Dave Draper, hardcore bodybuilding fans and new fitness enthusiasts alike will be inspired by this sweet look at iron and steel history. Book jacket.

*Vince Gironda Master Series Updated 2025*

Greg Sushinsky

There's great interest in the methods of legendary bodybuilding trainer Vince Gironda.

And why not? Although his teaching was complicated at times, Vince was a practical man. What interested him most was building muscle and sculpting fabulous physiques. So with that in mind we've constructed a practical course very much along those lines. This back-building course features many of the ideas and principles of Vince Gironda put into action. The workouts, though, are mostly new. In this handy, power-packed book, you will find out: --the best exercises to develop a sensational back (they're not the ones you might think)-- applying "Vince Anatomy" for super shape and size--using exercise form and technique for maximum gains-- workouts for continual

progress--the best ways to use intensity-- new applications of classic Vince techniques This volume, written by an experienced natural bodybuilder and trainer who has spent years researching, using and experimenting with Vince's methods, brings you insights with clear explanations and even new ways of applying these methods for fast, sensational gains. This volume features over a dozen workouts, which bodybuilders of any level can tap into and use. There are clear explanations of the exercises, how to do them, but more importantly, why you should do them. Natural bodybuilders especially will benefit from this book. If you have struggled with

conventional training and have mediocre results, this back-building course may be just the thing you're looking for to break through to greater gains. Get onboard with the Vince Gironda ways to build your best back ever!

### Keys to the Inner

Universe Critical Bench Perhaps no trainer in the history of bodybuilding has been more controversial, loved, hated, disputed, ignored, embraced or misunderstood than the legendary champion of the lean, symmetrical, Apollo-type physique was. What Vince Gironda really seemed to be about was training to create or re-create your body. Drug free trainers can profit greatly from many of his ideas, and even

more so from understanding and incorporating his approach. His ways and his approach as well as the integrity with which he passionately lived his bodybuilding convictions are his true legacy. Though he is gone, the wisdom of his ways is still available to us all. Approximately 5 typed pages, 2300 words

### **Balanced Arms**

Critical Bench Before Arnold, cinematically and in bodybuilding annals, there was Steve Reeves. With the breathtaking lines and classic style, the man took his genetic blueprint and raced away with it, creating arguably the most impressive physique in the history of the planet. No, not the



biggest (though he had great size), and no, not the most ripped (though he had considerable definition), but certainly as greatly and carefully proportioned, shaped and attended a physique as we've ever seen. You might get a vastly better physique by incorporating something of the Reeves approach to training. Not that you'll be Reeves--you don't get Larry Scott's arms by doing his arm workout, but in the case of Reeves-style training, your chances are very good that you'll be on the road to achieving your own best physique, with your own individual style. Sound good? Let's go.

*6 Week Abdominal Course* BenBella Books, Inc.

Vince Gironda was one of the greatest trainers in bodybuilding history. *Convinced* is an encyclopedia of Vince's true natural bodybuilding methods. Daryl Conant has put together a comprehensive book that features all that he learned directly from Vince. Topics covered include nutrition, exercise theory, as well as 235 of Vince Gironda's exercises. *Convinced* is a must-have for anyone interested in true natural bodybuilding and keeping alive the methods and memory of Vince Gironda.

**Training and Eating the Vince Gironda Way** Greg Sushinsky

There is much confusion about the nutritional principles of legendary bodybuilding

trainer Vince Gironda. In this short article, much of that confusion is cleared up. It features clear explanations of Vince Gironda's nutritional approach and some ideas as to how to apply this to your own eating. It's especially helpful for beginners, or those unfamiliar with Vince's approach to nutrition, but there is also insight for more advanced bodybuilders. Many bodybuilders understand bits and pieces of Vince Gironda's nutrition, but this article helps tie together the principles. Experienced bodybuilders who read this often gain a better understanding of how to apply Vince's ideas on nutrition to their own eating. Lots of great info packed into

a few pages! This article is a little gem. Approximately 8 typed pages, 4000 words

### **The Poliquin Principles**

Vince's Six Week Bulking course is a no-frills routine designed to give you maximum muscle size in a short space of time. Whereas many 'bulking' programs will simply focus on maximum weight gain, which can lead to a 'smoothing' effect and a loss of definition? This program focuses on full muscle development without undesirable fat gain. During this course, you'll train 6-7 days per week, alternating between upper and lower body workouts, with a variety of exercises intended to fully work the target

muscle. While the outline of the program is straightforward on paper, your muscles will be challenged in the most powerful and effective way possible for maximum size. Vince has also provided a clear outline of how to eat during this program, in order to ensure you are maximally fueled for each workout and have sufficient nutrients to recover. Don't let the simplicity of this program fool you...If you're committed enough to see it through from start to finish, exactly as it has been described, you'll be rewarded with bigger muscles all over your body. In this course, you will discover: - How to avoid the bodybuilder's greatest pitfall, which ruins muscle

development and body composition Nutrition for maximum male hormone release so you can trigger muscle growth Devastatingly effective routines for the Pecs, Lats, Delts, Triceps, Biceps, Forearms, Thighs, and Calves The exact percentage to tax a muscle if you want to stimulate maximum gains Vince's favorite glandular combination for muscle size 90% of people who do THIS struggle to build muscle...make sure you're not one of them  
*The Vince Gironda File Volume L*  
The Grandmaster of Bodybuilding continues to impact the physiques of bodybuilders the world over with this comprehensive year long series. This 12-month progressive

training program delivers a seemingly endless supply of Vince's workout brilliance. Every 30 days there is a new routine to follow to keep it fresh and exciting. The workouts go from 'foundation-

based' movements all lifters must master to more advanced muscle building methods used by champion bodybuilders and Hollywood celebs who trained with Vince at his gym.