

## **Give Me A Break!**

**By**

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Sometimes I go off; and I hate it when I do. Just reading things in magazines or on the Internet can sometimes cause me to start stomping around like some nut. I'm never surprised but I am always amazed at the stupidity that seems to run amuck in our world. Did you know that some people are just plain dumb? Not silly or stupid but plain outright dumb. Okay, what's put me on the soapbox this time? I know, I've already offended a bunch of basically good people that won't even finish reading this article because I have already angered them with my comments and, they have already made up their minds that... it's me – I'm the one out of my mind.

This week I not only read but also had an actual conversation with one of the people I am talking about. Let me just fill you in on exactly what I'm referring to. I'll combine the conversation and the material I read since they were both basically the same thing. The only difference being in the person they were talking about.

It seems like someone recently wrote an article promoting the taking of digestive enzymes with meals as one of the best ways to insure nutrient breakdown of the foods we consume. I read an Internet message board post by a person calling the author a "liar and thief," the person I was talking with felt the same way. Why, because someone years ago promoted the very same thing. What! You heard me. They said Vince Gironda suggested taking digestive enzymes with meals to breakdown the food you ingest sometime in the 1960's (maybe even before then but he was better known for advocating this in the 60's). This author who recently wrote an article advocating the use of digestive enzymes is now being called a "liar and thief," why, for recommending the same thing. Both the individual who posted a nasty message and the person I was talking with suggested the current author stole the idea from Vince Gironda and was trying to take credit for it.

Now let me Steve Martin this... well excuuuuuusssse meeeeee, but if that isn't about the dumbest thing I've heard I don't know what is. I couldn't say anything to the person who posted such a stupid thing but to the person I was talking with I could and, believe me I did.

I informed him of the fact; long before someone suggested taking digestive enzymes in the 60's someone was advocating it in the 50's and perhaps even the 40's. It was not a "new" idea or concept. Things evolve and just because someone recommends, advocates, suggests, talks, writes, or suggests something, it does not necessarily mean they are trying to steal from someone else and it does not automatically make them a "liar" or a "thief." Unfortunately I don't think I got through to him as he said, "We just have a different opinion about the subject." I guess so!

It's this kind of logic that leaves me shaking my head in disbelief. Aside from more new and advanced scientific nutritional information, almost everything connected with bodybuilding has been around from the very start and that is longer than any who are alive and able to read this article. As far as exercises are concerned, there is nothing new under the sun. Basically the exercises we perform today are the same as those of yesteryear.

The words "New" – "Advanced" – "Super" – "Innovated" are all overused in bodybuilding circles. Changes certainly have come about but, "New" – "Advanced" – "Super" – "Innovated", these hyper phrases are meaningless. In fact if you look closely, very little has changed in over 50 years. Some modification to the equipment has been made but it still takes free weights to build a championship physique. Barbell curls, dips, triceps extensions, bent over rows, chins, squats, etc., the very basic movements are still not only required but necessary. I can guarantee you that not one single Mr. Olympia has ever been crowned without including these movements in their training.

Now if a Mr. Olympia winner says he uses Bent Over Rows in his workout, is he a “liar or thief”, because someone else at some point in time came up with the movement first and used it in their training? Give me a break!

I can also remember when training consisted of full body workouts three times per week. Even then supersets were around so were drop sets, pyramiding sets, forced reps, and other techniques we use today. These and other techniques and methods were not developed in the 1990’s or 2000’s; they’ve been around for a long time. Don’t misunderstand what I’m saying. There was a time when bodybuilders did train the entire body just three days per week. They performed only one or two movements per muscle group employing only one set of ten repetitions. I know that and many others can remember it as well. Some can even remember when training advanced to three sets per exercise.

The one area producing advancement is nutrition and supplements. Modifications and new guidelines based on scientific advancement have actually changed many aspects of nutrition. Confirmation of things already known or proof certain things were inaccurate have been validated. Supplements on the other hand have advanced the most as scientific research started focusing on sports nutritional elements in relation to athletic performance.

Look, if I suggest that dips are great for developing the chest and triceps and go so far as to include that statement in an article, am I trying to take credit for promoting these two movements? Am I attempting to promote the idea I am the one who developed these movements? Should I be called a “thief or liar”? Using the logic I mentioned earlier that some people apply, I would be both a “thief and a liar.” That is simply and utterly stupid, dumb, and ignorant. Strong words I know but it’s true. The rationale some people use is unbelievable. “Pinheads”, that’s what they are!

Now I’ll graciously step down from my soapbox and with all due humbleness, bowing before you... apologize and ask to be forgiven, promising to do all I can not to

write another article in which I call people “dumb” - “stupid” - “ignorant” or any other harsh words that are not of class and composure. Until, that is... another jerk comes along and makes me go off because of their ignorance and the stupidity they exhibit with their “Pinhead” views and statements.

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