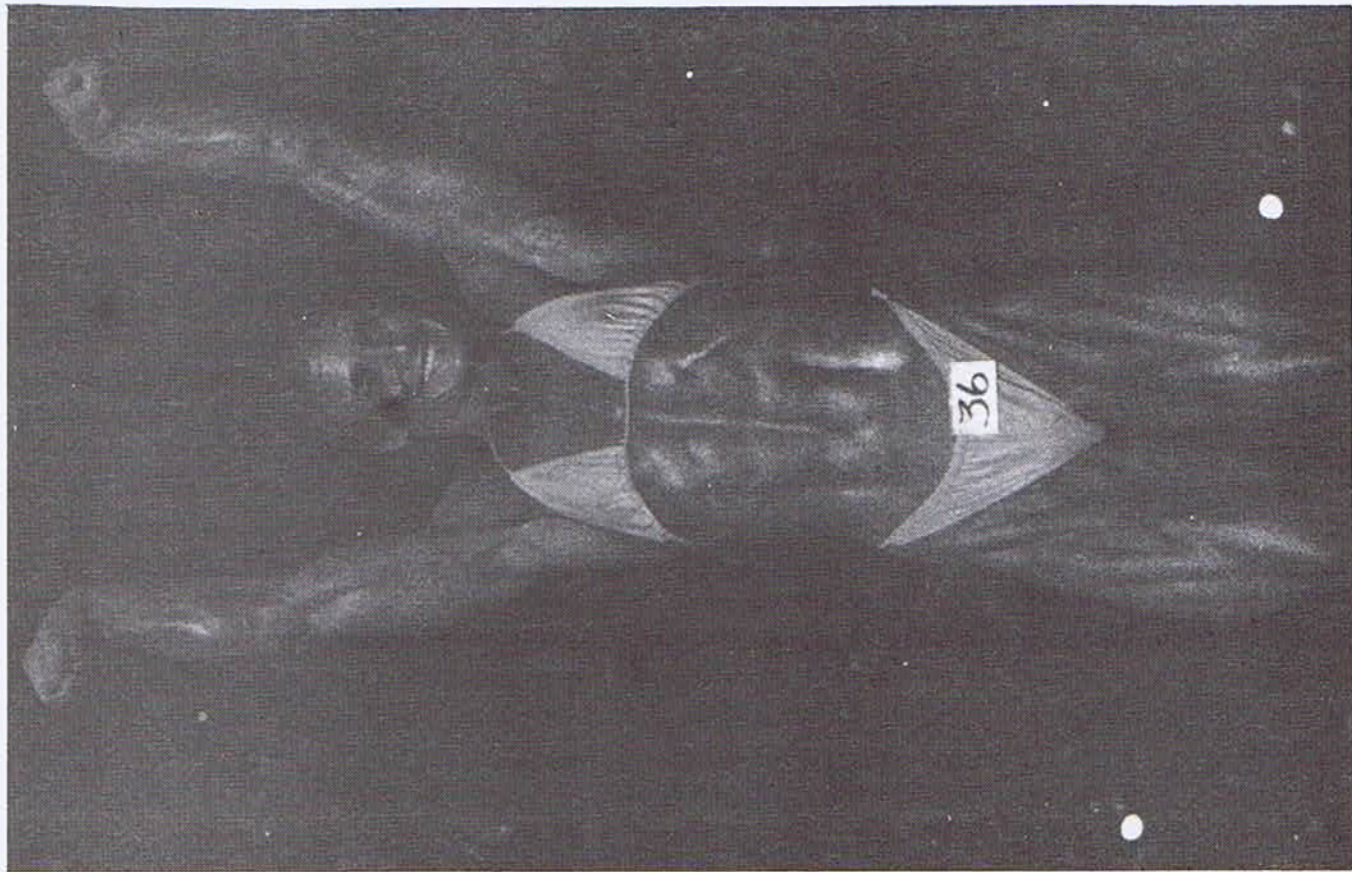


Debra is available for
seminars & guest appearances.

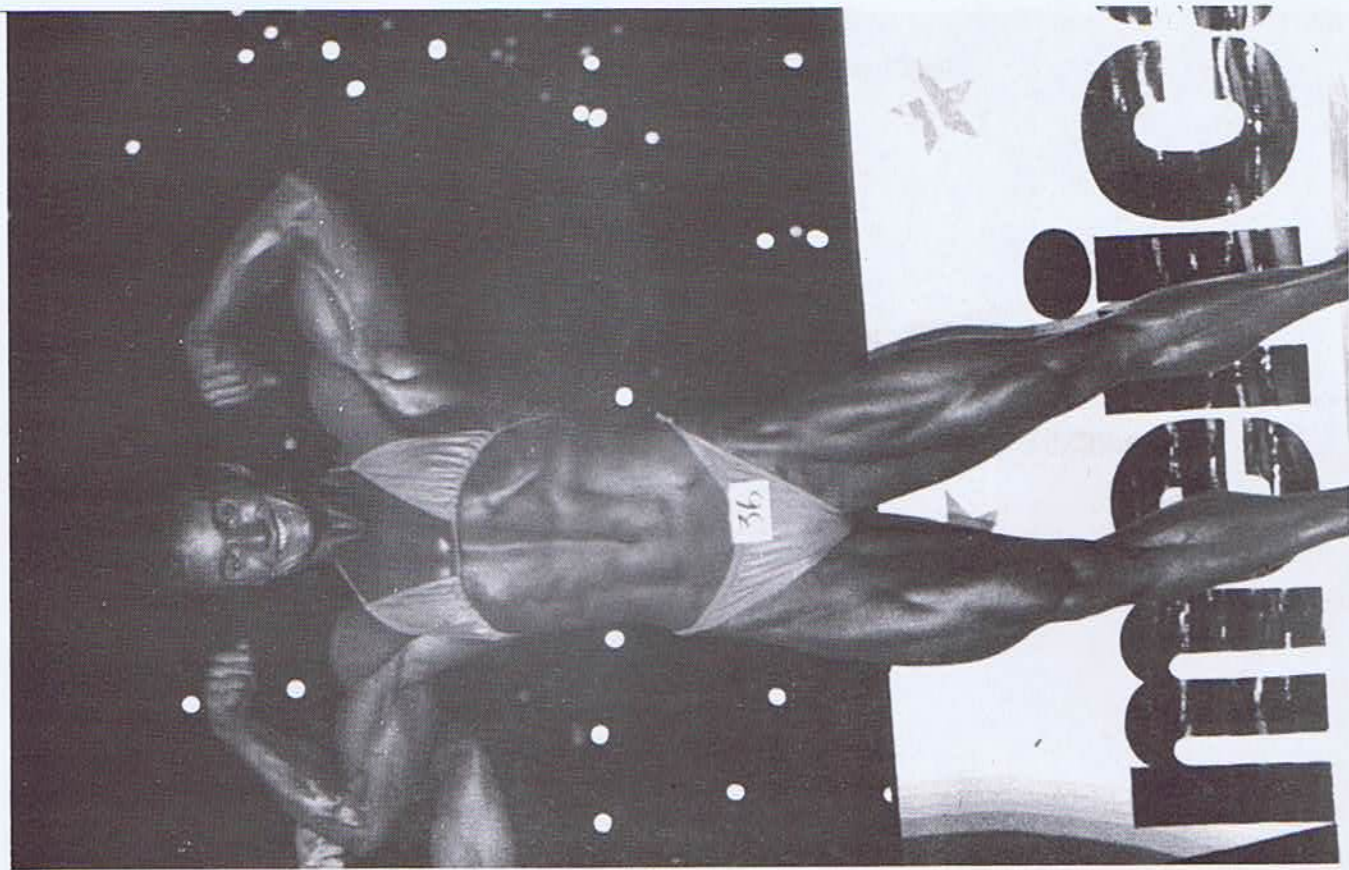
ATHLETE'S FITNESS CTR.

DEBBIE POSTON
13539 N. Fla. Ave. Suite 8
Tampa, Fla. 33612
813-961-0595

No parts of this book may be reproduced
in any form without permission from Debra Poston.



Debbie Poston Ms. America (Medium Tall)
at St. Louis, Mo. August 25, 1985



FOREWORD

The theory of progressive resistance is to work your body within its capacity, while gradually increasing the work load. As the poundages are increased, the size and strength of the muscle also increases, providing you have the proper nutrition and rest.

There are **definite** limitations as to the amount of size and strength an individual will obtain due to the fact that we are all born with a certain number of muscle fibers, which vary from muscle to muscle. These numbers are different from person to person. It is these fibers which will determine how large our muscles grow, but with the application of the proper training principles **you will reach your maximum limit which is within your heredity boundaries.**

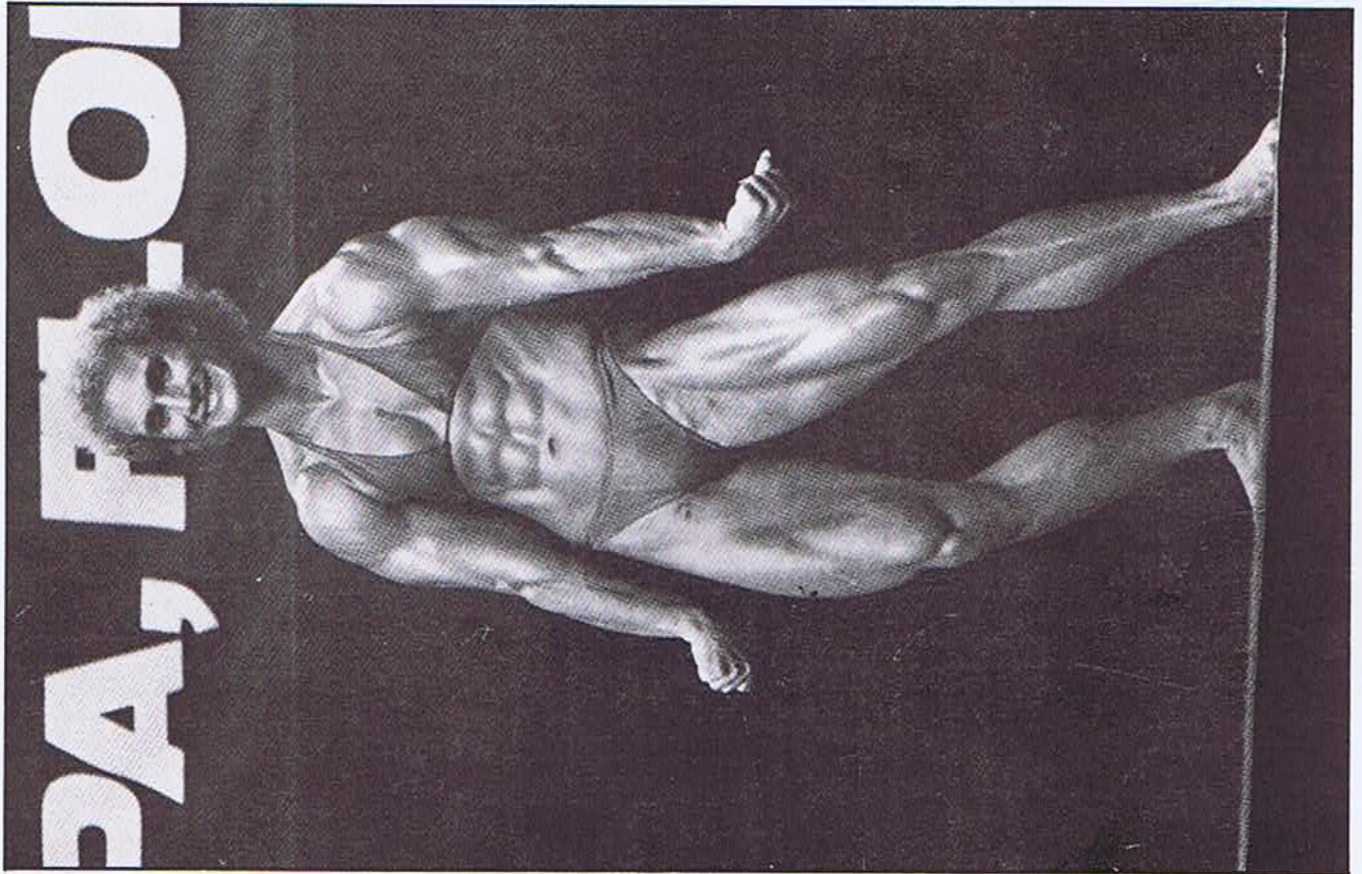
One of the main hereditary aspects that causes most individuals to fail at achieving success in bodybuilding & powerlifting is the mental attitudes and habits that were instilled in them by their parents or other persuasive persons, in the formative years of their thinking-reasoning development. As a result, their later preconceived ideas about how things must be done, plus not being open minded about new ideas etc., is the main culprit halting their development.

The right type and amount of exercise and nutrition, depending on the individual, will make any aspiring athlete achieve her goal — if she doesn't constantly get in her own way and keep tripping over herself — which is usually what happens.

So many lifters simply don't follow directions and are constantly changing and-or adding to a good workout, and getting nowhere as a result. This can be overcome with an open-minded attitude that is devoid of stubborn, preconceived ideas, etc. "When everything else fails, follow directions." It is with these thoughts in mind that I have written a text on "Womens Biggest Bench Press."

Debra Poston

Debbie Poston Ms. America (Medium Tall)
at St. Louis, Mo. August 25, 1985



Powerlifting Facts & Bodybuilding Facts About the Author

Activity	Weight	Body Weight	Year
Squat	500	161	1983
Bench Press	248	148	1983
Bench Press	300	165	1984
Bench Press	328.92	181	1985
Bench Press	332.5	193	1985
Dead Lift	530	161	1983
Press Behind Head	185-3 reps	183	1985
Chins	75-10 reps	183	1985
Barbell curl	135-8 reps	183	1983
Triceps Pushdown	160-6 reps	183	1985

OFF SEASON

Weight — 183
Chest — 44"
Waist — 26½"
Arms — 17¼"
Thighs — 25½"
Calves — 17"

BODY BUILDING CONTEST

Weight — 158
Chest — 43"
Waist — 24½"
Arms — 16"
Thighs — 24½"
Calves — 16½"

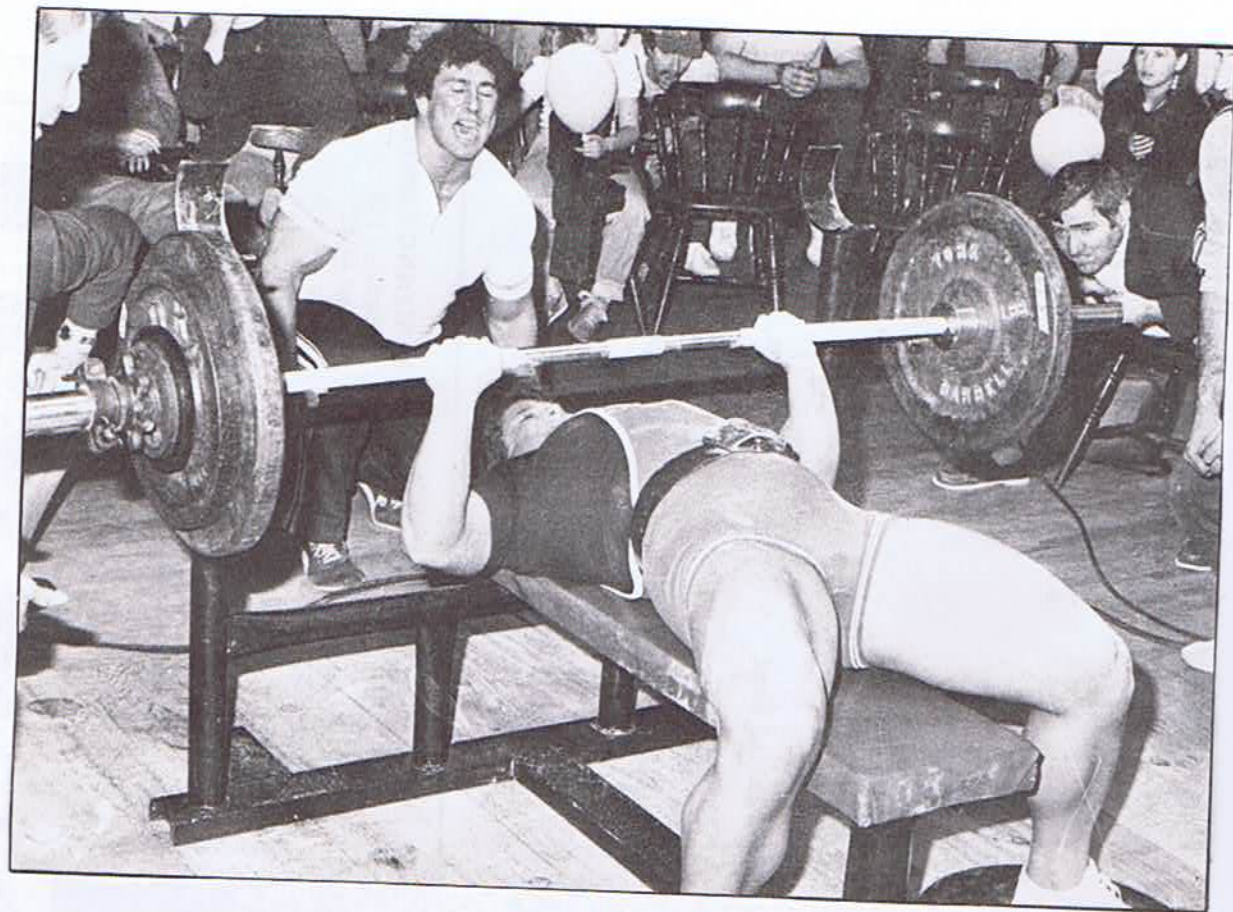


TABLE OF CONTENTS

Proper Mental Attitude & Concentration	6
Off Season Training	7
4-Month Pre-Meet Program	10
Diet Program	11
Bodybuilding & Powerlifting Combo Program	12
Anabolic Steroids	14
Mass Program Debra 17" Arms	15

THE PROPER MENTAL ATTITUDE

Next to proper nutrition, the MIND is one of the most important factors in relationship to successful weight training. The MIND controls our bodies and every action. In relation to weight training it is the woman who BELIEVES that she will SUCCEED (provided she is following the proper training and nutrition guidelines).

To achieve this SUCCESS and reap superior results you must first visualize and set some GOALS for yourself. **WHAT ARE GOALS?** They are the end toward which you will be consciously exerting the powers of your Mind and Body (EFFORT).

Presently if you are new to weight training (a beginner who is in his first year of lifting and still learning about the sport) you may be one of these two types of GOAL SEEKERS.

1. One who wants to put on additional muscular bodyweight and also increase muscle size coupled with MAXIMUM STRENGTH especially for SPORTS.

OR

2. One who desires to limit his overall body fat (lose weight) and acquire better physical proportions.

BOTH OF THESE GOALS CAN BE ACCOMPLISHED THROUGH HIGH INTENSITY EXERCISE AND A REASONABLE DIET.

Goals will cause an excitement or ENTHUSIASM of feeling within your Mind and Body about what you are doing to achieve one of these goals. Now if this driving power of MOTIVATION which causes you to act is strong enough, you will find that nothing will stand in your way toward realizing one of these eventual GOALS.

It would be a good idea to obtain a permanent, loose leaf record book. Its primary use would be to list your daily workout schedule of exercises, sets, reps, poundages, as well as the gains and losses in bodyweight. Also, during your first year of lifting (a beginner) it would be alright to record your body measurements (arms, chest, waist, thighs, etc.) at regular intervals of over 4 to 6 weeks. These measurements should only be taken during the first year of training. After that period one should train for appearance rather than trying to achieve certain measurements.

REVIEW THIS RECORD BOOKLET FREQUENTLY because:

1. It will show you the gains you have made in SIZE and STRENGTH and as well, it will constantly remind you of your eventual GOALS.

2. It will prove invaluable in the years to come in your training endeavors because it will show you the types of exercise programs that seem to work best for you individually.

3. It will show the REGULARITY and DISCIPLINE that you have applied to your training.

ALL OF THESE WILL CARRY YOU MUCH CLOSER TOWARDS YOUR GOALS.

Don't be afraid to set some realistic FUTURE GOALS. The higher you set your goals, the more dissatisfied you will become with your present state; this

dissatisfaction will drive you on toward greatness within yourself. It is a very good idea to set a goal each training session; maybe adding more poundage to the bar, or adding 1 or 2 reps more in a certain exercise.

The Off Season

Off season training is a very important part of a bodybuilding program. Approximately 4½ months have been utilized for pre-contest training. This will leave us with about seven months with which to experiment with off season training. While it is a period of relaxing and recovering from the vigorous contest training, it also must be a time of adjustment for a future competition. **Diet is top consideration.** To maintain good health a balanced diet of **proteins, carbohydrates and fats** in moderate amounts are a must. These should come from natural sources like fruits, vegetables, whole grains, whole season nuts, meat, fish, eggs and dairy products. Your fat sources come from items such as olive oil, avocados, cream, butter, sesame seed oil and wheat germ oil. A good rule to follow relating to eating is: Eat balanced meals and **eat only when you are hungry and don't eat when you are not.** We as humans have tended not to obey our body's instincts and as a result we get into certain concepts like we should eat three meals a day whether we are hungry or not. **Obey nature's instinct** in this regard.

Anyone knows to build a strong super building you have to have a good foundation.

This means SQUATS, DEADLIFTS, BENCH PRESSES, CHINS, PRESSES BEHIND HEAD, the basics. This is a must to have a symmetrical body also. You must keep trying to add more weight to the bar constantly, never getting in a rut or status quo platem. Three Golden Rules are proper nutrition, nutrition, proper rest, and mental attitude. With these rules and the workout programs I have here you **can't** go wrong.

CONCENTRATION

Concentration is the KEY to good gains. Concentration is the ability of a person to direct his POWER, EFFORT or ATTENTION on a single objective. For our application herein it is the ability to direct and channel our STRENGTH toward successful completion of the exercise movement at hand.

It seems that no matter how diligently we apply ourselves toward concentrating on the exercise at hand, our MINDS will wander on to other things such as: What we did yesterday, what we will be doing after our workout today, or a remark that someone made to you that you didn't particularly like, will enter into your thoughts. The scene is endless. Other intrusions from the MIND will try to interrupt our CONCENTRATION also. This is natural, but as you progressively develop your ability to concentrate on the task at hand you will reach a point where you will be able to shut out most of the negative things.

ADVANCED Rick & Deb's Routine

- 1st Day — Chest & Delts
 Chest — 1- Incline Bench Press — 4x5-8 Reps.
 2- Bench Press — 4 sets — 5x8 Reps.
 3- Decline slide rack 3x8 Reps.
 4- Boyer Coe Pec Machine — 3x10
Repeat on 5th day.
- Delts — 1- Press behind Neck 4x5 — 8 Reps.
 2- Nautilus Delt — 3x6 — 8 Reps.
 3- Boyer Coe Rear Delt — 3x8 — 10 Reps.
 4- Nautilus Shrug — 4x8 — 10 Reps.
Repeat on 5th day.
- 2nd day — Back
 1- Chins — Front — 5x8 — 10 Reps With Weight
 2- Barbell Rows — 4x6 — 8 Reps.
 3- Long Pulls — 4x8 Reps.
 4- Lat Pulldowns behind Head — 4x8
 5- Hypers — 3x30 Reps.
Repeat on 6th day.
- 3rd Day — Arms — Alternate — Tri & Bi but no supersetting.
 1- E2 Bar Lying Extensions — 4x8
 2- Barbell Curl — 4x8
 1- Pushdowns — 3x8
 2- Scott Curls — 3x8
 1- Nautilus Tri Ex. — 3x8
 2- Nautilus Curl — 3x8
- 4th Day — Legs
 1- Back Squats — 5x8
 2- Front Squats — 3x8
 3- Nautilus Leg Curl — 4x10
 4- Nautilus Leg Extension — 4x10
Legs 8th day
Calves & Abs every 3rd day no matter what body part is being trained.
- CALVES — 1- Standing Calves 6x12 Reps.
 2- Seated Calves 5x12 Reps.
 3- Donkey Calves 4x25 Reps.
- ABS — 1- Vertical Sit up 4x12 — 15 Reps.
 2- Lower AB Raises on Nautilus 3x12
 3- Side Crunches 3x25.

This completes our program.

SPLIT ON 2—OFF 1

- | CHEST, DELTS, TRICEPS | LEGS, BACK, BICEPS |
|---|-----------------------------------|
| 1. Bench Press—4 sets — 5-8 | 1. Squat—4x5 — 8 Reps. |
| 2. Incline Bench—4 sets — 5-8 | 2. V. Leg Curls—4x10 |
| 3. Decline Slide—3 sets — 5-8 | 3. Leg Ex.—4x10 |
| 4. PEC M. or Cables 3x10 | 4. Chins—4x10 + Add wt. |
| 5. Press behind Neck—4 sets — 5-8 | 5. T-Bar—4x8 |
| 6. Nautilus Delt—3 sets — 8-10 | 6. Long Pulls—4x8 |
| 7. Rear Delts—3 sets — 10 | 7. Lat. Pulldown behind head—3x10 |
| 8. Nautilus Shrug—3 sets—10 | 8. Hypers 3x20 |
| 9. Lying E-2 Bar Tri Ex. 4x8 | 9. Standing Dumbbell—4x8 |
| 10. Pushdowns—4x8 | 10. Scott Curl—4x8 |
| 11. Cable Pushdowns one arm or
Rope Pushdowns 3x10 | 11. Nautilus Curl—3x10 — 10 Reps. |

end

Abs & Calves Every Other Day

end

4 MONTH PRE-MEET PROGRAM

Planning Your Contest Training

The first step you should take prior to beginning this special training is to plan your pre-contest training about 4½ months before the scheduled competition. This will give you plenty of time to organize your training in a positive way so that you won't go stale.

Starting with 4 months prior to contest such as national powerlifting meet the first 2 months I still follow my advanced off season program 8 on 1 off with one exception. I watch the diet strictly—cut out fats and lower the calories according to body weight to lift at. The last 2 months now cut out all body building movements and concentrate on the 3 lifts totally—watch your lifts go up. With 1 month out I now do only sets of 5 reps and every other workout do triples, doubles and singles.

It works so well I've always made improvement.

SELECTING POUNDAGES

A properly selected poundage will usually permit one to accomplish 70 to 90 percent of a suggested repetition pattern. An example would be to be able to perform 5 out of 8 reps or 8 out of 10 reps. When a trainee can perform the full number of suggested reps for 3 workouts in succession, of all sets of a particular exercise, then the poundage is too light and a weight increase should be incorporated. Be sure and COAX the muscles when adding poundage. Remember to incorporate this weight increase ONLY when you are STRONG ENOUGH to handle the weights in proper and strict form.

(NOTE: Usually for every 5 pounds that you add to the barbell you will lose one repetition. For example, if you reach a GOAL of performing 10 reps on your sets in a suggested exercise, and you would like to be able to perform 80 percent of 10 reps with a new poundage, you would then add 5 pounds to each side of the bar to accomplish this end.)

Now, before I go into the last of the three areas of INCREASING THE TRAINING EFFORT (choosing Sets and Reps), I would like to speak to you about the importance of:

PROPER EXERCISE STYLE AND THE TRAINING GROOVE

A. As I mentioned earlier: You should ALWAYS strive to GRADUALLY add more poundage to the exercise bar whenever possible. However NEVER use a poundage which is so heavy that you cannot perform each repetition PROPERLY and STRICT. In other words, CURL the weight, and SWING it. Press it out; don't use your bodyweight to HEAVE it. Squat, but don't BOUNCE, etc.

B. Full range movements are a MUST (Full Contraction and Complete Extension). Anything less than this type of training performance may in time result in a lack of total flexibility.

C. THE SPEED OF REPETITIONS: ALWAYS keep an even and controlled tension throughout the movement. An example of an uncontrolled movement would be the SQUAT where you DROP and RELAX at the bottom of the movement. IN TIME THIS LACK OF CONTROL WILL CERTAINLY LEAD TO A TRAINING INJURY. KEEP UP A GOOD EXERCISE RHYTHM.

D. Work for a DEEP ACHE in the muscle area.

E. According to the feel of the MUSCLE ACTION instinctively SPEED UP or SLOW DOWN the movement for the proper effect in the muscle area being exercised. However, don't use too much speed because this will take away from your ability to CONCENTRATE properly.

SUMMARY: Research has found that for building muscular size and strength, lowering the poundage (such as the curl, etc.) is far more important than raising the poundage. So, if it takes 2 to 3 seconds to elevate a weight, then it should take anywhere from 4 to 5 seconds lowering the same poundage.

DIET

Diet will account for more than half of your development potential. Generally an active athlete should consider these essentials of proper eating in her daily diet:

PROTEINS — Beef (this is very valuable for muscular growth), chicken, lamb, pork, fish (good for muscularity), liver, and organ meats. NOTE: THESE MEATS SHOULD BE PREPARED WITHOUT A GREAT DEAL OF FRYING OR USE OF GREASE. BROILING IS BEST! Eggs (this is the best source of protein), milk, cottage cheese, ricotta cheese, and cheese in other forms, yogurt.

FATS (saturated and unsaturated). Cream, butter, safflower oil, oil and vinegar (good for digestion), sour cream (unsaturated).

CARBOHYDRATES — Raw, fresh fruits (this will act as a good natural laxative), apples, cantaloupes, bananas, cherries, plums, etc. Raw fresh vegetables: Avocados, cucumbers, onions, green peppers, celery, lettuce, tomatoes. Others: baked potatoes, (for a very high level of energy), beans, nutmeats, whole grains, split peas.

TRASH FOODS

There are some foods which don't do your body any good. Some of these are: SODA POP, CANDY, PASTRY (cakes, pies, butterhorns, sweet rolls, cream puffs, twinkies, donuts, crackers), WHITE BREADS, and WHITE MACARONI PRODUCTS, POTATO CHIPS, CORN CURLS, ICE CREAM, and FATTY FRIED FOODS.

I have given you a brief look into the importance of proper nutrition as a consideration to your training endeavours. There are many books and courses out today which deal exclusively with the subject of NUTRITION in its entirety.

DIET PROGRAM

To diet properly figure how much you have to lose and cut your calories down to lose 2½ to 3 pounds per week. This way you won't lose valuable muscle. Any faster you will certainly lose some muscle also. A low-fat low-calorie diet works best for me. I keep the carbs high for energy and my protein adjusted for my body weight needs. Remember it takes 3500 calories to lose 1 pound so over a week you must reduce your calories to lose 2 to 3 pounds per week. This works—I lost 33 pounds with it and at 154 was still getting 275 for 3 reps on the bench press.

BODY BUILDING & POWERLIFTING COMBO PROGRAM

Bodybuilding is SIMPLE, but it does require HARD WORK over a number of years to achieve outstanding results.

1. It is best to follow a SIMPLE routine of 'basic exercises' and do them REGULARLY rather than trying to use an advanced training course and soon find yourself lacking the desire to TRAIN.
2. Basic training should always include overall major body development. One should never work any one major particular body part in EXCESS of the others. This condition of excess training would soon cause your overall training routine to be placed in a state of UNBALANCE. EVERY MAJOR MUSCLE GROUP SHOULD RECEIVE EQUAL DEVELOPMENT WORK.
3. Any effective routine will always contain at least one PRESSING MOVEMENT which will work the chest or shoulder area; one SQUATTING MOVEMENT which will work the lower torso to MAXIMUM, and one HEAVY BACK BUILDING movement.
4. Always begin your routine with the largest body part and work down to the smallest body part in your schedule. The reason being that the biggest muscles are the cause of the most overall PROGRESS.

Body Building & Powerlifting Combo Program

I follow this 8 months out of a year. This is the best way to get full complete and fastest development of the body.

DEBRA'S ADVANCED ROUTINE

Fasten

1st day — Chest & Delta

- Chest — 1- Incline Bench Press—4x5 — 8 Reps.
- 2- Bench Press—4 sets — 5x8 Reps.
- 3- Decline slide rack—3x8 Reps.
- 4- Boyer Coe Pec Machine — 3x10

Repeat on 5th day.

Delts—1- Press Behind Neck 4x5 — 8 Reps.

- 2- Nautilus Delt—3x6 — 8 Reps.
- 3- Boyer Coe Rear Delt—3x8 — 10 Reps.
- 4- Nautilus shrug—4x8 — 10 Reps.

Repeat on 5th day

2nd day — Back

- 1- Chins—Front—5x8 — 10 Reps with Weight
- 2- Barbell Rows—4x6 — 8 Reps.
- 3- Long Pulls—4x8 Reps.
- 4- Lat Pulldowns behind Head—4x8
- 5- Hypers—3x30 Reps.

Repeat on 6th day.

3rd day — Arms—Alternate—Tri & Bi but no supersetting

- 1- E2 Bar Lying Extensions—4x8
- 2- Barbell Curl—4x8
- 1- Pushdowns—3x8
- 2- Scott Curls—3x8

1- Nautilus Tri Ex.—3x8

2- Nautilus Curl 3x8

1- Cable—Rope Pushdowns—3x10

2- Cable Curl—Kneeing 3x10

Repeat on 7th day.

4th day — Legs

1- Back Squats — 5x8

2- Front Squats — 3x8

3- Nautilus Leg Curl — 4x10

4- Nautilus Leg Extension — 4x10

Legs 8th day.

Calves & Abs every 3rd day not matter what body part is being trained.

CALVES — 1- Standing Calves — 6x12 Reps.

2- Seated Calves — 5x12 Reps.

3- Donkey Calves — 4x25 Reps.

ABS — 1- Vertical Sit up 4x12 — 15 Reps.

2- Lower AB Raises on Nautilus — 3x12

3- Side Crunches—3x25.

This completes our program

Anabolic Steroids

A steroid is a synthetic (artificially produced drug) derivative of the male hormone, **testosterone**. A hormone is an "exciter" in the body's system. We find that testosterone influences **muscular growth** within the body. This hormone (testosterone) is such a powerful stimulant that it only takes an infinitesimal secretion to affect the body chemistry. The function of this hormone allows for more amino acids to enter the cells in the human body to develop and form more proteins. Now since this action is taking place in the body's billions of cells — **rapid growth will take place**.

These anabolic (building up) hormones we are speaking of are for therapeutic use with people who have had surgery or a long illness. Now these individuals lack an adequate chemical balance of these hormones in their bodies and that is the only reason that this artificial drug is being used. Under a doctor's supervision and for a short duration these drugs will be administered to bring up the natural hormonal activity in the body to its proper delicate balance.

What does this have to do with an athlete? Plenty! Some of the world's worst faddists are bodybuilders and athletes. They will, along with their training, take any kind of pill that will supposedly help them to become bigger, faster, etc.

Lifters who are interested in obtaining maximum size and strength will sometimes turn to these therapeutic **growth drugs** in an effort to meet these demands.

Most people who use anabolic hormones do so in **ignorance**; they believe they **must** use them to obtain great strength or a top physique and all the while they don't have any idea of their evil potentials.

Some of these adverse side effects or reactions are: bleeding from the nose and rectum, chest pains, loss of sexual drive, appearance of puffiness, loss of hair, etc. Side effects vary due to body chemistry or other factors.

Growth drugs are certainly a confusing subject and a total mess!!! Some people get "results" while others get nothing but temporary sterility and lose hair, etc.

These hormones are relied upon by mentally lazy people because they simply don't want to **spend time** searching out and studying the truth about their body chemistry. In most all cases, steroids **don't** chemically create more power or muscle development within a healthy bodybuilder or athlete.

I don't advocate the use of these drugs!!! They are not needed!!! A reliance on healthier things like proper nutrition and exercise done in the correct manner, etc., would be much more result-producing and permanent if followed constantly.

MASS PROGRAM... Debra's 17" Arms

Proper **nutrition** properly applied is the key factor which will determine whether you have that extra energy to continue along in a positive manner with your rugged training sessions. To you, as a bodybuilder, always remember that your diet is the key factor that will determine when you should bulk up for musculature and the time to trim down for diamond hard cuts. Gaining bulk or cuts do not come from certain training schedules or exercises but from the **diet**.

Except for that short period of intense training just before an important contest, a bodybuilder should eat a balanced diet composed of a variety of foods.

PROTEIN (muscle-forming foods)

Lean meats such as **beef** (this is valuable for muscular growth), **chicken** (on this peel off the skin to eliminate surface fat), **fish** (good for muscularity), **lamb**, **liver**, **organ meats**, **turkey** and **tuna**.

NOTE: These meats should be prepared without a great deal of frying or the use of grease. Broiling is best!!!

Other proteins we must consider are: eggs (this is the best source of protein), milk, cottage cheese, yogurt, ricotta cheese in other forms. Nuts of all kinds (almonds are the best).

Every 2 to 2½ hours ingest 30 grams of protein. In using my off-season program I lowered my reps on triceps to 5 to 6 reps, always adding weight when 3 sets of 5 were done. This worked well and I cut out the cables on arms and all body parts to concentrate on mass building, **heavy** strict form.

One of my secrets that worked well for me helped by bench press is reverse bench press on the universal. This works lower triceps plus it increases resistance has you lock it out. Also its a safe movement.

I also do 2-3 sets of universal bench presses if I find my lock outs being hard—right after barbell bench press sets. This will do away with that non-lock out bend problem.

A Final Comment

Generally speaking, some individuals are blessed (due to heredity) with a better skeletal structure consisting of wide clavicles, narrow hips, good muscle shape and skin tone. As well, their physique seems to respond to training in a most positive way. However, by following the guidelines and suggestions set forth in this book you **will** be able to make the most of what you have to work with.

For those of you who have existing training problems in bodybuilding, powerlifting or special problem areas relating to bodyparts and strength, I **offer** to you my services. The **payment** required for this service is \$15.00 per individual letter. Cashier's Check or Postal Money Orders are acceptable. When you write **please** include as much information about yourself as possible. Past and present training experiences, height, weight, and bodypart measurements, training equipment available to you, your present workout schedule, how long you workout each day, etc.

All replies will be completed in a thorough and professional manner. My current address is: **Athlete's Fitness Center, Debbie Poston, 13539 N. Florida Avenue, Suite 8, Tampa, Florida 33612, 813-961-0595.**



When in Florida stop in and
visit with Rick and Debbie Poston
Mr. and Miss America (Medium Tall Classes)

at
ATHLETE'S FITNESS CENTER
13539 N. Florida Avenue
Tampa, Fla. 33612
813-961-0595

ATHLETE'S FITNESS CENTER
13539 N. Florida Ave. Suite 8
Tampa, Florida 33613
813-961-0595

City _____ State _____ Zip _____
Address _____
Name _____

Send To:
I would like to order Debra's Womens Biggest Bench Press, Secrets, Truth & Facts. It will be shipped within 45 days. Enclosed is my check or money order for \$9.95 plus \$1.50 for postage & handling.

*** Debra Poston Tells It Like It Is - Truth & Facts Of The Greatest Bench Press Ever.**

WOMENS
Biggest Bench Press
Secrets
Truth & Facts

CONTENTS

1. Off Season Training
2. 4 Month Pre-meet Program
3. Diet Program
4. Bodybuilding & Powerlifting
5. Anabolic Steroids
6. Mass Program - Debra's 17" Arms

Debra is Available for Seminars & Guest Appearances.

Debra Poston Tells It Like It Is - Truth & Facts Of The Greatest Bench Press Ever.



Debra Poston benches 332.5!

The biggest bench press in women's powerlifting history.

