

Ask Charlie Arms 2

Contributed by Charles Urrego
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Dear Charlie,

I just came across your web site and thought I'd send a brief email, along with an introduction. First, you have an excellent web site and your Masters Competition photos are outstanding! What an incredible physique!

Congratulations to you on your continued dedication to weight- training and bodybuilding.

Having just turned 48, it's amazing to see so many guys in their 40's/50's/60's continuing to work out and build muscle. As you can imagine, I'm a muscle fanatic as well...I could go on talking about the sport and art for hours. I just love it. Of course, bodybuilding has changed over the years from the old Iron Age, which we all seem to respect, have fond memories of, and that point in time where we all 'caught the bug'. For me personally, it was Larry Scott's pics on several of the old magazines which caught my eye as a youngster...Man, those arms were truly amazing. And yours... even more amazing!

I lifted like a madman during high school, college, and for several years, then on and off due to work and family commitments. Now, I'm in the process of developing a new routine and seriously plan to return to a more rigid program. I never competed, but still have that burning desire...

Any tips or suggestions...most welcome, or just workout chat, that's fine. Best of luck with your continued training and progress!

Regards,

Freddie, Ft Lauderdale, FL

Freddie,

Thank you very much for your kind words, Freddie. As for tips, it's mostly

about diet! Pick up your protein intake if you want to put on more muscle.

People should remember, in the gym is where you get pumped & tear down the muscle; outside

the gym is where you grow.

My prescription for growth includes plenty of rest, high quality foods

with protein (at least 40 grams

per meal from good sources), and minimization of stress.

I recommend, at your age, training 1 body part per day (hit it real hard).

I address each body part with a full tank of gas.

When I'm finished, my tank is empty. Do 4 sets per body part--

3 straight sets and, for the last, make it a strip set

Example: Triceps push-downs-- start with 100 lbs for 10 reps (strict form),

then immediately

go to 80 lbs for 8 reps (strict), 60 lbs for

8 reps, and 40 lbs for 8 reps. The lighter you go, the stricter your form should be.

Dear Charlie:

What's the best time of day to train?

Mike, Newark, NJ

Hey Mike,

In my opinion, the best time to train is the time when you're most likely to be consistent. Remember, the body has no idea what time it is. It only knows what it feels. Consistency is the most important factor to consider when looking for optimal results.

Dear Charlie:

I read last month's article on "Change". I thought it was great!

What do you believe is the most important factor that's contributed to your success in bodybuilding after the age of 60?

Robin, Chicago. IL

Robin:

My answer to you is, it's my solid foundation. I have been lifting for over 40 years and I have always been consistent-I don't miss workouts, I don't miss meals, and I always get enough rest. As I mentioned in last month's article, guys like me view lifting as a true "labor of love". In the sport of bodybuilding, you don't find the time to be successful; you make the time.

Dear Charlie:

I am 50 years old. How do I get big biceps like yours?

Tony, Houston, TX

Tony,

You don't "get" big biceps like you "get" a Christmas gift, or you "get" a raise at work, or you "get" laid.

Many times I've been out and people will come up to me and ask, " Where did you get those big arms?" My reply is always the same:

"Since I knew I was coming to this party, I went to the novelty shop on 42nd Street and picked up a pair!"

I usually get a chuckle because it's then that they realize you don't just go and get them. You must train hard and be consistent with your training to achieve your goals. I always recommend that people read Muscular Development to get the latest and most accurate information on nutrition, exercise, and supplements.

Dear Charlie:

I am 48 years old and have been training for 15 years. I'm a rather big man with a big appetite. In the past 2-3 years, I've put on weight around my stomach and hip area and I just can't seem to get it off. Are there any exercises you'd recommend for toning up my midsection?

Frank, Eastchester, NY

Frank,

You've come to the right place. That one magical exercise that you're searching for is called "push offs". Push yourself off the table, you fat bastard! Eat smaller meals, reduce your caloric intake, and increase your cardiovascular training! The only solution for a leaner waistline is hard work!