



Building the Body: 2009 - Winter

Frank Zane

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Building the Body is published 4 times a year and gives a new slant on bodybuilding. It's all about how to get the most from your training by having a holistic approach, paying attention to all aspects of your workouts, nutrition, attitude and recuperation. Unlike other bodybuilding mags that contain 75% advertising, it contains no paid advertising, just helpful information based on my personal experience and that of my clients.

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Frankly Speaking

Bodybuilding Longevity How long do bodybuilders live?

The Art of Peaking How to do it.

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The Anatomy of a Set Reps, breath, mind, movement

Ultimate Workouts Frank's new book available.

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Clay Holmberg gets in shape.

Longevity and Higher Human Development

Get Smaller to Live Longer

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Who is Ernest Eagleheart?

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