HEPBURN'S LAW

a revolutionary strength program
that allows you to realize your ultimate potential without failure with regular gains each training period

E+4-F=U

HEPBURN'S LAW fail safe method takes you from beginner to champion bypassing all the stumbling blocks, staleness, injury etc., that would normally prevent you from reaching your highest possible potential...

You can now accurately predict your future record lifts with your special personalized projected graph...

JOHN A. MYLES

in consultation with the former world champion and world's strongest man

DOUG HEPBURN
HEPBURN'S LAW

by

JOHN MYLES

in consultation with

DOUG HEPBURN
This book is dedicated to all the great champions of the past, upon whose efforts and sacrifice our sport is built.
The journey to becoming a champion of super strength begins with obtaining the right kind of knowledge.
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POEM  INSIDE BACK COVER
Building muscle and strength is an undertaking that requires a great deal of time. We talk on the order of years. Therefore, if one was only benefitting 50% from his workouts, it would take twice as long to get the same results as someone who was getting 100% benefit and efficiency from his workouts. Now if it takes a minimum of 5 - 7 years to become a champion working out at 75% - 100% efficiency, think how long it would take if you were only getting 25% - 50% efficiency from your workouts! Well, the odds are you would never make it. So you must make every workout count. So be wise and follow a routine that has proven itself by producing champions. That is the Hepburn system. Those who have used this system for 3 to 5 years have most definitely reached the level of super strength and muscle size. This system is not a refined body building course designed to develop cuts and shape. It is the system which builds the foundation of muscle size and strength. In this regard, it is without parallel. It stands alone, apart from all others. To this point in time it is the only system that can indicate one's future capabilities and the ultimate physical strength capabilities of a human. Probably the greatest feature of the Hepburn training system is the totally unique and designed feature of eliminating overtraining. It is designed to stimulate deep lying muscle, the fast white and slow red fibers as well as giving the muscle a thorough pump. All these factors must be present and totally stimulated in each workout to obtain the ultimate growth rate. Assuming you have no abnormal bodily functions, and by living and eating sensibly and giving a reasonably high effort in your training, you are virtually guaranteed of obtaining the levels of achievement indicated on the graph.

In the future, when you have obtained your goals of strength and size, a completely different approach to training is taken to bring about muscle
separation and increasing the level of definition. This type of training has been under study by Doug Hepburn and his associates for some time. The experiments should be concluded hopefully some time within the next year at which time it is hoped we can bring to you an equally revolutionary and highly productive training manual as the one you are now reading.

In the love and best interest of our sport,

J. MYLES
D. HEPBURN

[Signature]
CHAPTER 1
THE EARLY DAYS

Doug Hepburn was born on September 16, 1926 in Vancouver, B.C. and grew up in Kitsilano, a middle class area of Vancouver near the ocean and beaches. Doug attended Kitsilano High, the same school as did Percy Williams, the double gold medalist sprinter at the 1928 Olympics.

Nature was not all that kind to Doug since he was born with a clubbed right foot and crossed eyes. The foot was operated on and straightened, but the price Doug paid for the straightening was an unmoveable joint at the ankle which left his right calf muscle unable to be exercised. Thus, the muscle never developed to any appreciable degree. It measures a little less than 11″ to this day.

Doug’s eyes were operated on when he was 13 years old and this finally gave him good clear vision. It was at about this time that Doug, who weighed 140 lbs. at 5’9″, was riding on the town bus one day when a young man boarded the bus. This young man was not an average youth, he sported a pair of 17″ arms. Upon seeing this, Doug knew immediately what he wanted to do with his life. He soon after joined the YMCA and began learning gymnastics.

Doug continued for some time at the gymnastics. This gave him a well conditioned body but no great strength or muscle size. You must remember that this is at a time when there was no training manuals or much interest in strength and muscle building by the general public. There was no knowledge of the sport like we have today. Then one day, Doug was introduced to the weight training room. Almost from the moment he touched a weight it became a natural experience for him. Mind and body became one. Things started to come together for Doug and he knew he had begun a good thing. In spite of his semi-crippled right
leg, Doug vowed to himself to become the strongest man in the world.

Doug began to experiment with various moves and lifts and as he became more familiar with the sport, he began to train in a more productive way. Results were being realized. Slowly at first, but Doug continued to experiment and listen to the feedback from his body. He was able to arrive at a refined program. This program is what made Doug Hepburn the world’s strongest man and the World’s Olympic Style Weight Lifting Champion in 1953. Since that time the weight training world has made great strides. In all areas knowledge has increased, and many new so-called advanced training routines have been developed. One would think this to be a good positive influence on the sport. This has not been the case. Confusion and bewilderment is seen in nearly every gym. There are countless thousands of frustrated weight trainers that leave the sport every year. The sport has reached the stage where there are so many so-called principles, routines, ideas, philosophies, types of training equipment that a condition of chaos has been created. This is perpetuated by the lack of proper guidance and cooperation in the sport. This last factor is partly due to the unsureness of the gym owner/instructor himself. We have a situation where thousands of young aspiring trainees who haven’t been training very long are using advanced training routines designed for adding the finishing touches to a physique that has taken years to develop. There exists a growing condition of confusion.

The very use of the term “secrets” of the Champions is largely responsible for the vague atmosphere that prevails in the back of a young trainee’s mind. He wonders to himself what great champion should I follow and trust since most of them are all offering something “new and different”.
CHAPTER 2

CONFUSION IS THE ORDER OF THE DAY

It is my opinion that of all the weightlifting trainees I have seen training for muscular size and strength, not one has trained correctly. There exists today a situation of confusion and frustration in the bodybuilding and weight training world. Bodybuilders with years of experience are still asking the questions, "How do I get bigger and stronger?", "I haven’t added any size for months." There has been numerous articles written, books printed and seminars given on how to do it. This is the enigma of the bodybuilding-strength building world. Some say train 20 - 30 sets per body part, others say 2 - 3 sets at the most. Some say high reps, some say low. Some tell you to use light weights and others tell you to use heavy, and still there are others who advise the use of moderate poundages. Some say train 7 days per week, and others say to train 3. Is there any wonder why there is all this confusion and frustration? All these so-called champions say their way is right. Then they justify all the confusion by stating that each individual is different. Some people gain by training heavy, others by training light. Some gain on 5 - 7 workouts per week, others gain on only two. Some tell you to work the whole body in one workout. Then there are some who train twice or even three times a day. How this confusion has lasted so long, is in itself mysterious. Add to it all: supersets; trisets; giant sets; peak contractions; isolations; negatives; positives; priority systems; continuous tension; overload; quality training; compound movements, pre-exhaust; cheating; forced reps; concentration; and so on. Putting all this material into a book and indexing it is going to give you a weightlifting dictionary, but unfortunately not a guaranteed level of strength or a championship physique. Only this new educational manual of strength and power lifting
will do that. Because there is all this confusion and frustration causing an unbearable climate, one of the strongest and biggest men of all time is stepping forward to wipe the slate clean and give you a method of training that hopefully should clear up the questions that presently exist.

This manual is designed to be an educational course and should be considered and studied as such. This is not a picture book of how to do the various exercises, nor is it a copy of dozens of other so-called courses offered through the various muscle magazines, that tell you nothing you didn’t already know. What you are about to study is the Doug Hepburn Method of building strength and obtaining giant muscular size without the use of anabolic steroids of any kind.

It has gotten to the stage where every weight trainee comes to a point in his training where no more gains are made and due to the increased pressure to reach success is faced with the situation of having to take steroids or not. This is similar to running out of money and having to go to the bank for a loan, which has to be paid back at a later date with interest. We believe the athlete who takes steroids will have to pay back the benefits with interest with his health some day. Because the trainee is training incorrectly (or spending incorrectly) he is not training in harmony with his body. You must train in harmony to make steady gains. Spend according to your budget. All trainees I have seen are training far beyond the body’s ability to cope with, and that is the reason for the so-called “sticky point”.

The Doug Hepburn Method of training eliminates this condition. The Hepburn system of training is the most scientific and logical method so far yet designed, but it is so simple in principle it has been overlooked, passed by, by, all else. This system or educational training course is so concise in guaranteeing results that it comes with its own set of graphs to indicate your progress into the future. There are definite laws to be followed when training for strength and muscle size. They are listed for your convenience at the back of the book. One of the laws is the setting of goals. The Hepburn system gives you a goal to reach with each workout.
CHAPTER 3

A HIDDEN ENEMY

Avoiding the condition of being overtrained is one of the most important aspects of obtaining positive results in the weight training field.

The great success of the Eastern European countries (East Germany in particular) at the Montreal Olympics was due to the fact that while their athletes were training, a Doctor of sports medicine would take a blood sample at periodic times to test for lactic acid levels and other signs of overtraining. When it was found that the athlete had reached a predetermined level, he would instantly cease his training for as long as it would take to fully recover from the amount of work already accomplished. A complete profile chart was then compiled by computer after a reasonable number of these tests were performed. This chart was then used to alter the training program with the purpose of raising the athletes level to cope with overtraining. They watched at all times to see that the athletes never overtrained and subsequently this meant a continual rate of increased performance. Their athletes were progressing at their maximum rate and by altering their training program by computer they were actually able to increase this so-called maximum rate. To the contrary, all other athletes not using this training law were most likely overtraining 50% of the time. Thus, they were progressing at less than half the rate of the East Germans. Should this condition remain, the Eastern European athletes will eventually dominate every sport by using that one training procedure alone. Of course, there are other factors, but the purpose of this chapter is to show the importance of not overtraining. This factor has not been given anywhere near
the emphasis it should have been given by so-called experts and cham-
pions. The Hepburn method of training totally prevents overtraining
after one has used the system for a few weeks. This one principle alone
makes the Hepburn method of weight training better than all the rest.

The very best of training routines is at best useless or even detrimental
in some cases if used to produce a condition of overtraining. There is no
consideration given to the fact that if one were training according to all
these other so-called muscle-building courses that the student would be
bench pressing 1000 lbs., squatting 2000 lbs. and curling 500 lbs. in five
years. This is what these programs would achieve if one could follow
them to the letter. Such is an impossibility. These programs are actually
teaching one to overtrain far beyond the body’s ability to cope with for
any length of time. They are an exercise in futility. For an individual to
train in an overtrained condition is to actually lose ground. Just imagine
burning all those calories and pushing your mind to the limit and suffering
all that pain, for what? To lose ground or at best stay where you are? A
system has been developed where one will not over train, but will make
progress with each workout. That system is the Hepburn system. The
system that transformed a half-crippled boy of 140 lbs. into a 300 lb.
giant. The Hepburn system first gives you the bulk and strength then a
sensible diet change would direct one’s physique to acquire the definition
and cuts of a bodybuilder.

To try and build a championship physique while at the same time keeping
all “cuts” and definition is like trying to keep your car in its utmost state
of tune continuously. It is not practical to train for size, endurance, defini-
tion and separation all at the same time. That is self defeating. One
must first acquire the strength to build the size. Only when one has ob-
tained the desired size and shape should one train for separation and
thin skin.

No other program makes provisions for layoffs, sickness or injuries.
When one is away from weights for a period of time and returns, he has
no idea how long it will take to get back into the condition prior to the
layoff. It’s all guesswork or approximations. The Hepburn system shows
you exactly what condition you are in and exactly how long it will take to get back there. This training method of Doug Hepburn will bring common sense back to weight training. This is the only weight training system that works with nature, not against it, because it progresses at a rate that is not beyond the body’s ability to bring a full recovery before the next workout.
CHAPTER 4
THE DISCOVERY

It wasn’t long after the first few workouts that Doug knew what exercises worked, which part or muscle group. From that point it was a natural thing to keep using the same exercises and try to increase the weight. This Doug did for some time since the only goal he had was to gain strength and size. The exercises that were used are known to us today as “the basics”: the squat; the standing press; the bench press; the curl; the dead lift and the row. These basic exercise movements were one of the keys to Doug’s success and rapid steady progress. Other trainees would begin to do different variations of the basics, etc.: thigh extensions; side laterals; dumbell inclines; seated dumbell curls; chins to a bar, etc. Upon trying these new exercises, Doug found his strength coming to a standstill. Progress began to slow. Even though these new variations made Doug’s muscles ‘sore’ he wasn’t getting any stronger.

One day in the gym Doug and his buddies had a chinning contest to see who could perform the most reps. Doug performed a great number of reps and the next several days he was stiff and sore. Doug immediately concluded that this type of training must be working since he was so painfully reminded upon moving his chinning muscles. He reasoned that he worked his muscles so thoroughly that they would have to grow and become strong. Doug then decided to train in this fashion for some time and to his amazement found no gains in strength or size. He was actually losing strength. This brought about an air of confusion. He reasoned to himself “all this muscle activity and work and soreness is not giving the same positive results I was getting before”. So Doug set out to experiment. It was from this experiment that the Doug Hepburn Method was discovered, and eventually refined.
CHAPTER 5

THE EXPERIMENT

The experiment began by trying all exercises that were imaginable. The purpose was to find the exercise movement that worked best for each individual body part. Every conceivable position was tried, every angle of movement, every type of resistance [solid barbell plates, spring tension, lifting moveable fluid weights, pulling on ropes, chains, bending iron bars, pullies, levers, shock absorber type of resistance, and stationary objects] was used and experimented with. Doug trained at all hours of the night and day to see if that had any significance. He trained for long hours, at a time, then several short workouts per day to note the effect. He experimented with the number of workouts per week and month. By sheer effort and uncalculated energy Hepburn spent in this trial and error method, training knowledge was beginning to pile up at an ever increasing rate. As new knowledge and experience was acquired Hepburn began to realize that it was not the exercise that one did that produced the positive results he was looking for, although some movements were obviously better than others. It was how you performed the exercise that counts. For example, exercise form, the number of reps, the number of sets and the use of the correct weight which is vitally important.
CHAPTER 6

PSYCHOLOGICAL ASPECT OF HEPBURN'S SYSTEM

Have you ever come to the gym feeling like you are going to have a great workout but find you were not as strong as you thought you would be? Or, have you ever come to a standstill in your training, a plateau where no matter how hard you try, you cannot increase the weight you are lifting. These experiences produce a seed of doubt or a negative aspect to your mental outlook or perspective of your training capabilities. Once someone has a self-limiting attitude towards his capabilities, he is sooner or later going to come to a standstill. This experience can grow into a frustration which can in turn lead to more negativism and in some cases leaving the sport.

With the Hepburn system of training this negative psychological enemy is **totally** eliminated. Better still, one experiences a positive, uplifting, confidence-building boost to his training. When one follows the Hepburn method as outlined in this book, you will know in advance what the goal is for the workout and you positively know you can achieve it. There is no doubt your body is capable of performing the lifts, because you are aware that in previous workouts you have not trained beyond your body's ability to recover from. You are also aware of the fact that you are heading on the road towards a goal of which you positively know you can reach. All doubt is destroyed. There is no negativism to be found. There is nothing that stands between you and your goal except time, and time can be mastered with patience. The Hepburn method is truly the **greatest** method of weight training ever known. For building size and strength without the use of artificial steroids.
CHAPTER 7

EXPLAINING THE SYSTEM AND GRAPHS

So let's get down to the heart of the Hepburn system and describe it in workout terms.

Like any routine one is working out on a preliminary warm-up is an absolute must. The warm-up in the Hepburn super routine is dictative as to how many sets are performed. This is not left to the discretion of the trainee. A word of advice is offered here. The Hepburn system is by no means an easy workload to tackle so do not deplete your energy reserves in the warm-up. Follow the routine to the rep. There is a definite reason for this action to be taken. The warm-up is taken in four sets of eight reps increasing the weight with each set until you reach a weight at which you can do eight sets. The first of the eight sets is for three reps and using the same weight for the next seven sets perform only two reps. This last set of two reps should be all you can handle safely. Let's call this group of eight sets the "power group". Next is a series of six sets using a weight that allows one to do six reps on the first set and decreasing reps on the next five sets. E.g. set two: five reps, set three: four reps, set four: four reps, set five: four reps, set six: three reps.

Then to finish the system, do one final "pump set" with the weight that allows ten reps.

So far, what has been described is no new and great revolutionary routine but it is the highly experimented and proven modification that takes place with each succeeding workout that causes miracles in strength and size to be realized.
The following workout begins with the same warm up; four sets of eight reps increasing the weight each set until the first set of the "power group" is reached. Perform the first set of the power group with three reps as before. Now in the second set do three reps this workout in place of the two reps last workout. The following six sets are for two reps as before. **THE ONE REP GAIN IS THE REAL BUILDING BLOCK TO BECOMING A CHAMPION OF SUPER STRENGTH.**

In the third workout the warm up is again unchanged; four sets of eight reps. Now this time the first THREE sets in the "power group" are done for three reps. In other words, the "power group" is composed of eight sets. The first set is three reps and each successive set of two reps is increased by one rep each workout until after eight workouts, the "power group" now has become eight sets of three reps.

The second series of six sets is not changed. It still decreases in reps 6, 5, 4, 4, 4, 3. [Same weight all sets]. The pump set is unchanged also. It remains 10 reps.

So, what we have looks like this:

**WORKOUT #1**

**Warm up:** 4 sets of 8 reps with increasing poundage until you reach a weight that you can handle for 8 sets of 3 reps the first set, 2 reps for the remaining 7 sets.

**Power group:** 8 sets. First set 3 reps. Second through to the eighth set, 2 reps.

**Mass Building group:** 6 sets. Same weight all sets, all-out effort. First set 6 reps, then Second set 5 reps, then 4, 4, 4, and last set 3 reps.

**Pump or flush group:** One set of 10 reps. The weight chosen should be somewhat lighter but must produce a feeling of extreme muscle pump and tightness on the last rep.
**WORKOUT #2:**

Warm up: Same as workout #1

Power group: Same weight as workout #1 but first 2 sets are done for 3 reps and remaining 6 sets are for 2 reps.

Mass group: Same as workout #1. No change.

Pump group: Same as workout #1. No change.

**WORKOUT #3:**

Warm up: Same as workout #1.

Power group: Same weight again but first 3 sets this time are for 3 reps and the remaining 5 sets are for 2 reps.

Mass group: Same as workout #1.

Pump group: Same as workout #1.

Now you should begin to see the pattern which makes the 8th workout look like this:

**WORKOUT #8:**

Warm up: Same as workout #1.

Power group: All eight sets are done for 3 reps.

Mass group: Same as workout #1. No change.

Pump group: Same as workout #1. No change.
Now comes another revolutionary mass/strength-building principle. When one has reached 8 sets of 3 reps in the power group add only 2½ lbs. To the bar in the power group and mass group sets when working the upper body exercises and add 5 lbs. only for lower body exercises. To add more than this goes beyond the body's ability to build muscle and overtraining would result. This is what we mean when we say one must train according to their budget. You must train in harmony with your body's recuperative abilities. Using this principle and workout schedule will allow you to keep progressing without interruption or hitting "sticky points" until you have reached the maximum strength possible for your structure and metabolic capacity. Remember, this seemingly small weight increase is for eight sets of three reps and then for another six sets afterwards. Your actual maximum single lift grows enormously by adding only the small increase of 2½ lbs. for the upper body exercises and 5 lbs. for the lower body exercises. NOW BEGIN BACK AT WORKOUT NO. 1 WITH THE NEW ADDITIONAL WEIGHT FOR ANOTHER EIGHT WORKOUTS, after which another identical weight increase takes place. We have found that no human can build increased muscle cell size faster than this for any extended length of time. Any weight increase greater than this causes the body to grow in a series of initial spurts followed by an actual small loss and then by a long duration of no growth which we call a plateau which in some cases has lasted as long as 1 year.

A small addition to muscle cell growth yields a much greater increase in strength. That is how Hepburn could push press 500 lbs. overhead in 1954 [push press is a standing press not moving feet but assisting with the legs]. Is there anyone around today in the world who can do this? And, with a handicapped right leg.
Hepburn became this strong using this program in the early 50's and without steroids. How strong could one become today in light of all the additional knowledge in nutrition and supplementation? Well we did some scientific calculations using growth factors obtained from Hepburn's routine to determine the ultimate physical potential and came to the conclusion that a man of healthy normal athletic build, training over a 20-year period would be able to bench press 900 lbs., standing push press 750 lbs., standing curl 400 lbs. and squat 1,500 lbs. Such a man would weigh approx. 340 lbs. and stand 5'10" to 6' in height. His age would be in the vicinity of 40-45 years. Sound incredible! Yes we agree, but we believe such strength is possible by the human frame under the ultimate conditions of 100% efficiency in all bodily functions and 20+ years uninterrupted training and using Hepburn's workout system. Such a man may never exist but it shows approx. where the super heavyweights stand today. All this is possible without the use of commercial steroids.
The use of steroids changes the situation entirely. One's ability to increase muscle cell size is greatly enhanced perhaps as much as five to ten times depending on the individual, the type of steroid combination taken, the amount that is administered and the percentage that is processed by the organs of the body. The whole psychology of the workout would change. One would be constantly pushing for ultimate intensity in each exercise session. For someone to train in this manner while not compensating with artificial steroids and a next-to-perfect-diet would mean a complete depletion of one's energy and recuperative reserves within a few days. Training in this manner without steroids would require at the bare minimum three complete days of rest following each workout in which the entire physical system would be trained. Since there are only a few men in the world who can push their physical system to this degree on a relatively constant basis, that leaves all the rest training at various levels of intensity at different workouts and not knowing exactly how long to rest between workouts to achieve complete recuperation. Thus, they more than likely will overtrain and lose ground. Such a state of affairs is not desirable. One would be forced to use instinctive intuition or emotional feedback to time the occurrence of the following workout. On the other hand, Hepburn's system totally prevents overtraining and gives a positive increase with each workout. There is no questions or doubt with this method of training. You are most definitely aware of the constant progress you are making. It may take a little longer, but it's worth it to know your results are lasting, healthy and safe from a medical standpoint and most of all real as a direct result of your efforts. Doug Hepburn and myself believe this is the right way and the correct approach to weight training. Weight training should be an exciting part of your lifestyle not a desperate and rushed struggle for glory fueled by vanity. Doug, at 52 years of age, has squatted 680 lbs., pressed 390 lbs., curled 240 lbs. and bench pressed 455 lbs. He feels confident of a 400 lb. bench press at the age of 60. This is his goal. All this is possible because Doug spent his younger years
building true, lasting strength which appears will now be with him for the
duration of his life. Hepburn and others have proved this system builds
real lasting strength. It works. It may well be the ultimate method of
building strength. It will take genuine effort, strict observance of the
routine and sensible living, but it will work wonders for those seeking
strength and great muscle size.

It is now becoming apparent that muscle tissue can be built at a much
faster rate when one reaches full maturity. What we mean by this is; it is
most likely true that men on the average come to full physical maturity
at or near the age of 40. Let’s say 35 to 45 years of age, because it
varies with the individual. By full maturity we mean all hormone produc-
ing organs reach a high and steady output. This is true if the individual
has been muscurally active throughout his life. If one is of the type who
has just “drifted” through life without much strenuous hormone
stimulating activity. His hormone producing organs never got into high
gear and this would cause a falling off of muscle tone and physical condi-
tion beginning at age 30 or so. It is now obvious to us that man was
designed to perform physical work well into his fifties and sixties believe
it or not. It has been said that the reflexes start to slow as one is ap-
proaching so called “middle age” which I am told is 35 years of age. From
our studies this is not true. Reflexes are the measurement of muscle
tone and nerve impulse firing. If one continues to train regularly very little
slowing of the reflexes occurs. What will in most cases cause the slow-
ing down of reflexes is a lessening of the mental force or drive, which has
a strong tendency to slow the entire workings of the body. In other
words, too much mental stress produces this catabolic condition com-
bined with too little motivation. We believe that until at least the age of
thirty, one is still a youth. No studies have been done on women so we
have no idea if these figures apply to them or not. To help give weight to
these words let me remind you that most of the best bodybuilders and
powerlifters in the world are near or over age 40, and some near or
over age 50. I’ve often wondered why there are over 40 contests?
Must be to give the younger guys a break!
CHAPTER 8

RECUPERATION, REST AND DIET

We at the Hepburn exercise laboratories do not like to give a percentage of importance factor to any category of weight training; i.e. exercise; diet; supplements; rest; etc. because all people have different chemical balances and production levels in their bodies. Some people will have a production balance that makes building of new tissue happen at a faster rate than others who may be lacking in production of just one or more vital and necessary chemical compounds [enzyme, hormone, mineral utilization, etc.]. Therefore, the latter individual's ability to build new tissue will be correspondingly slower. For us to suggest a diet for use by all individuals would be a waste of time and effort. If one is serious about obtaining the maximum rate of tissue production, he could be tested by a medical laboratory for his acid, enzyme, hormone, RNA, DNA production and mineral balances and have a custom designed diet tailored to his condition. Some people can utilize protein faster than others so to say every person needs X number of grams per day would be counter productive in some individual cases by actually "bogging down" or "overloading" the digestive system. The digestive system requires great amounts of energy to do its job efficiently and it occasionally needs rest, or a fast, perhaps only once or twice a year.
When one speaks of gaining weight, muscle size and strength, he should remember that it is only possible by consuming more good quality calories that are being used as fuel by the various bodily functions.

We will state here that as one puts a greater demand on his digestive system, it's capacity will increase and similarly as one exercises using heavy weights, his hormone production will increase to maintain the added muscle necessary to relieve the stress presented by the heavy weights. The use of artificial steroids prevents the hormone producing organs from achieving this added increase in production. So those who use these drugs are wasting valuable time in allowing their organs to grow and produce the high levels necessary to maintain large muscles and fight disease. Those who have used steroids for a long period of time are actually incapable of maintaining even a moderate amount of good quality muscle long after discontinuation of the drug.

Let us suggest that you eat a wide variety of foods in moderate amounts throughout the day. Preferably on a regular time schedule. Avoid eating "garbage collectors" living organisms that eat the excretions of other organisms, i.e. bottom dwelling fish, etc. Eat no fat since foreign materials not used by living cells eventually wind up in fat tissues. Avoid junk foods or large amounts of refined sugar and fried foods, since these tax the organs of the body and cause it to spend valuable time and energy processing them when this time and effort could be working for you building new tissues of profitable uses.

Remember what you eat affects your mental condition and your mental condition affects the workings of your entire body. So be wise, read, study, experiment and find what works best for you. The effort expended will be returned in a stronger, healthier body. We do however recommend a high quality milk-egg supplement with wheat germ oil and multi-mineral tablets.
PROTEIN

THE NUTRITIONAL KEY TO POWER & STRENGTH
CHAPTER 9

PHILOSOPHY OF STRENGTH

Muscle Pump. Is necessary for the total conditioning of the muscle. Pumping helps the muscle to grow to maximum size. Pumping a muscle with light to moderate weights will not build maximum strength.

Energy Foods. Maintaining a good level of blood sugar throughout an entire workout is one of the key factors for building strength and muscle size. When one's energy starts to drop off during a workout, take in some form of energy food, e.g. dextrose tablets, Hepburn energy bars, etc. This will enable one to continue with the same intensity for the remainder of the workout.

Atmosphere. Good clean fresh air is a must for achieving a maximum effort in a heavy workout. Avoid working out where exhaust fumes or "stale" air is the norm.

Room Temperature. We all have a temperature at which we function best at, too cold or too hot an environment will decrease your total energy output. It is important to find out at which atmospheric temperature one reaches maximum work output. Adjust your environment as is needed.

Warm Up. The warm up is necessary for each muscle for the prevention of injuries and to reach the electrical state of "total nerve stimulation". Try to reach total nerve stimulation as soon as possible.

Running — Other Sports, Etc. Absolutely no other demanding physical activities should be undertaken while trying to build maximum strength in the minimum amount of time. The principal of raising the heartbeat to increase the flow of blood and thus decreasing the recovery time is a good one, since the body will do this naturally anyway. Brisk walking will aid the process here.
Negative Training. We believe muscle growth occurs in the “positive” contraction movement. The harder or more difficult this contraction is over the longest distance [shortening of the muscle] the greater the increase in size and strength. We believe heavy negative work is harmful to the joints and joint problems may show up in later years. Use the overload principle in place of negatives.

Overload Principle. Is the use of greater than one’s maximum weight lifted in the full range of motion by doing only partial movements, e.g. if one full squats with 300 lb. do ¼ squats with 400 lb. and ½ squats with 350 lb. This method can be very productive if overtraining is avoided.

Explosive Power. This ability to reach what we call explosive power was one of the reasons why Hepburn was so superior in his strength abilities. Most athletes do not comprehend what explosive power is, what it can do, or how to achieve it. It is a pure state of pin point concentration combined with milli-second timing of the nerve fiber electrical firing. Concentration so great that time or the occurrence of events will actually slow down to the one in this state of acute sensory modification. The muscles should be thoroughly warmed up and totally relaxed before the firing. This condition can also produce a sense of knowing one will achieve the lift. One truly knows or envisions the future where victory or success is achieved. One’s will power becomes so strong that the possibility of failing the lift actually does not exist for the moment.

Lung Exercises. The Lungs are the “carburetors” of the body, the more air [oxygen] in moments of muscular contraction [work] the more fuel can be burned, hence greater contraction. With bigger, more efficient lungs, we all will recover fast, be able to do more work. So by all means do deep breathing exercises. These exercises are another of the little or never written about strength-muscle building keys to success. We believe people with large lung capacities will live longer, all other factors being equal.
Gripping The Bar. In all lifts where the hand grips something we advise gripping with an all out effort, this helps with nerve stimulation in the other muscles of the arm, because the mind is firing the area of the brain associated with the arms and shoulders, etc. In other words arouse the brain to firing as much of the motor nerves as possible in that area.

Stretching The Muscles. Each muscle group should be stretched regularly to avoid a muscle pull. A heavily exercised muscle tends to shorten. Stretching maintains a full range of motion.

Avoid Injuries. Muscle pulls can take weeks to heal and play havoc with one's training schedule. They must be avoided at all costs, learn the warning signs or conditions that lead to them. If there is pain, do not continue. Rest or reduce the weight until the pain disappears. Muscles that can not move through the entire range of motion are susceptible to pulls. A warm-up lowers the viscosity of a muscle, increasing its elasticity. A fatigued muscle exhibits a slower and incomplete relaxation, therefore some type of endurance training is called for. This is another of the designed features of the Hepburn System. Through much experimentation we arrived at the combination of the mass building group and the final pump set as the answer to the required endurance.

Motivation. An invisible power capable of great works, do whatever is necessary to be highly motivated and keep you steadily working out over the years. Remember sometime the reason for your motivation may change, just make sure it's not less than it was before. One of the greatest motivators is success itself. Success does breed success.
CHAPTER 10

TREATMENT OF INJURIES

There are many types of injuries that could occur while training with weights, we deal with the muscle sprain and muscle pull in this chapter since they are probably the most frequently encountered. Any situation that prevents a steady state of muscle growth is most undesirable. Therefore the trainee who can avoid injuries will most assuredly have an advantage in that his training will be uninterrupted. Remember an injured muscle not only stops growing in size and strength, it loses size and strength.

If one does experience an injury, possessing the correct knowledge in how to treat it will enable the injury to recover much faster, therefore eliminating wasted time.

DEFINITION OF A SPRAIN:

The excessive stretching or tearing of muscle and connective tissue at a joint. In a very bad sprain the lubricating fluid [synovial fluid] will be lost if the joint capsule has been damaged.

SYMPTOMS!

Pain. The pain will be apparent immediately after the occurrence of the injury. The pain is caused by pressure on the nerve sensors due to swelling or the disruption of continuity of the tissue.

Discolouration. The first colour to appear is a reddish tinge due to internal bleeding.

Swelling. The area will increase in the amount of fluids. This accumulation of fluid is nature’s way to help immobilize the joint. There is a general rule that should be stated here. THE GREATER THE SWELLING THE LONGER THE TIME OF RECOVERY.
CHECK THE EQUIPMENT TO BE SURE IT IS SAFE FOR THE
WEIGHTS YOU WILL BE USING.

AVOID FOOLISH AND STUPID LIFTS
**Point Tenderness.** Pain is experienced by the touching at the point of injury.

**Temperature.** The temperature increases at the point of injury.

**TREATMENT:**

There is a general rule in the treatment of sprains and pulls. It is “P.I.E.” P is for pressure, I is for ice, E is for elevation. Ice or cold should be applied as soon as possible after the injury to prevent the area from swelling. Pressure also aids in this regard as does elevation.

<table>
<thead>
<tr>
<th>TIME AFTER INJURY</th>
<th>TREATMENT</th>
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<tr>
<td>IMMEDIATELY</td>
<td>Apply cold for 5 minute intervals to reduce swelling.</td>
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<tr>
<td>AFTER INJURY</td>
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<tr>
<td>IMMEDIATELY TO 48 HOURS</td>
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<tr>
<td>AFTER INJURY</td>
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<td>BEYOND 48 HOURS</td>
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This chapter was included to give some very basic principals in dealing with some very common sports injuries. It has been my experience to see countless days, weeks, and in some cases months totally wasted, due to a lack of sufficient knowledge in this area. The knowledge in dealing with sports injuries is an invaluable tool to the athlete so by all means invest some time and effort in this area of study. Remember the great investment you have made [or will make] in effort, pain, self discipline, time and money, so don't be foolish and risk it by allowing some small minor injury to become a major problem.

Check your area for a doctor who specializes in sports medicine and use his knowledge and experience to your benefit. He could make the difference between steady continuous improvement or months of nagging chronic discomfort.
CHAPTER 11
HEPBURN'S LAWS

THE LAWS WHICH MUST BE OBEYED TO ACHIEVE YOUR ULTIMATE STRENGTH & SIZE POTENTIAL.

1. Setting of goals —sets a goal for each workout

2. Positive mental attitude —gives a goal which can be achieved each workout

—eliminates failure

3. Proper rest and recuperation —provides the right number of workouts per week/month

4. The correct percentage of maximum weight used. —prevents burning out by not using maximum poundages.

5. The correct number of reps and sets —gives the ultimate result-producing combination of sets and reps

6. The correct use of muscle pump —gives the correct amount and proper timing for the muscle to be pumped

7. Prevent over-training —not possible with this method

8. Use basic exercises —uses the most result-producing exercises: squat, press, bench press, curl, dead lift-row
9. Increase the number of nerve —the Hepburn method works all types impulses to a given muscle in a of muscle fibres fast-slow in the given time same workout and has been proven successful in increasing nerve stimulation.

10. You never get something for nothing —The Hepburn System requires a good effort in each workout resulting in longlasting benefits.

11. Avoid illness and injury —By preventing over training helps the body fight disease & heal quickly.

12. Stick-to-itiveness [never give in] —All sports help build willpower & character

13. Courage and faith —All weight training programs Require these good qualities.
CHAPTER 12

SETTING THE RECORD STRAIGHT

While the millions of people who ignored, ridiculed and tried to run down our sport in the past, continue to eat more and more junk and live faster and more complex lives, we continue to improve our sport and ourselves by educating each other in nutrition, exercise, and by obtaining greater knowledge of our bodies. While millions can’t sleep at night or stay up too late, we go to bed early and sleep good and build stronger healthier bodies while doing so. As the millions of so-called modern educated are slowly destroying their own physical selves by drinking and smoking, we sweat and labour and study long hours to reach our physical peaks and set what has to be one of the most positively constructive examples of how people should live, physically. We are ultimately trying to live in harmony with our environment and inspire the younger generations. We as parents set the goal of health for our children. By knowing our own bodies, we know what will be good for them. What do those who criticize us do? They cause huge amounts of money to be spent on medical care by their years of neglect and foolish living and spend billions of dollars on drugs. They purchase processed foods making the manufacturers wealthier so they can produce more. They pollute the air by smoking. Look around you. How many people do you see without a purpose or goal in their lives? We as weight trainees have good profitable goals and strive with each workout to reach them.

So, if you have just recently been introduced to body-building etc., WELCOME. You have made a big step in bettering yourself for life. And if you are someone who is slacking off, BEWARE. Surely you don’t want to join the other side on their grand slide to slow, steady and costly self-destruction. Remember an unused muscle dies. So the next time and every time you walk through your gym door — KNOW and BELIEVE you are a WINNER!!
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<th>MONTH</th>
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<th>SQUAT</th>
<th>B. PRESS</th>
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HEPBURNS LAW PROGRESS GRAPH

For poundage increase beyond 36 months add additional months as shown:
E.g. 48 months = 36 months + 12 months
60 months = 30 months + 30 months etc.
THE EXERCISES
THE SQUAT

[Diagram of the squat movement]

[Diagram of the lowered position]

[Diagram of the standing position]

[Diagram of the returned position]
THE STANDING PRESS

THE PUSH PRESS
THE STANDING BICEP CURL
THE DEAD LIFT
FINAL NOTES

- WORKOUT FOUR TIMES PER WEEK, SPLIT ROUTINE
  UPPER, LOWER, OFF, UPPER, LOWER, OFF, OFF.

- YOU MUST GET 8hr. SLEEP PER NIGHT.

- TAKE YOUR PROTEIN BETWEEN MEAL SNACKS IN LIQUID FORM, FOR BEST RESULTS.

- AVOID CONSTIPATION.

- DRINK GENEROUS AMOUNTS OF FRESH PURE WATER, BUT NOT AT MEAL TIME.

- DON'T EAT CARBOHYDRATES IN LATE EVENING.
THE PROGRESS GRAPH INDICATES THE INCREASE IN POUNDAGE YOU WILL BE LIFTING OVER YOUR PRESENT CAPABILITIES IN FOLLOWING THE HEPBURN SYSTEM. REMEMBER THIS IS A STEADY GAIN AND WILL CONTINUE UNTIL ONE REACHES HIS ULTIMATE POTENTIAL.

FOR EXAMPLE:

IF YOU ARE NOW ABLE TO SQUAT WITH 250 LBS. WHEN USING THE HEPBURN SYSTEM AND YOU WANT TO KNOW WHEN YOU WILL BE ABLE TO USE 300 LBS. LOOK ON THE POUNDAGE SCALE AND FIND 50 LBS. NOW MOVE ALONG THE HORIZONTAL LINE UNTIL YOU INTERCEPT THE "LOWER BODY" LINE. FOLLOW THE VERTICAL LINE DOWN TO READ THE TIME IN MONTHS. DO LIKEWISE FOR THE UPPER BODY EXERCISES. NOTE THIS GRAPH READS THE INCREASE IN WEIGHT FOR THE WORKOUT POUNDAGES. YOUR ACTUAL SINGLE MAXIMUM LIFT GROWS VERY MUCH FASTER AND IS CONSIDERABLY GREATER.
I know I’m not wrong
and the struggle is clean
I’ll keep pushing on
and I’ll never turn mean

there aren’t very many
who can see how I’ve tried
there’s a lot think they know
but not deep down inside

you’re certain to win
if you push right on through
and if you never give in
your dream will come true

[Signature]